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GRADING NETS AT MIDWAY POINT {page 30}

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'Downton Abbey' goes uptown

- Butlers and maids see the 'Downton Abbey' effect in New York City
- More employers wanting British-style service after hit drama {page 02}

London Fashion Week

Do you really want to look like Rihanna?

The pop star seems to be banking on that with her new clothing line {pages 20-21}

Books

Imagine what Bieber's life is really like

That was Teddy Wayne's starting point for his intriguing new book {page 18}

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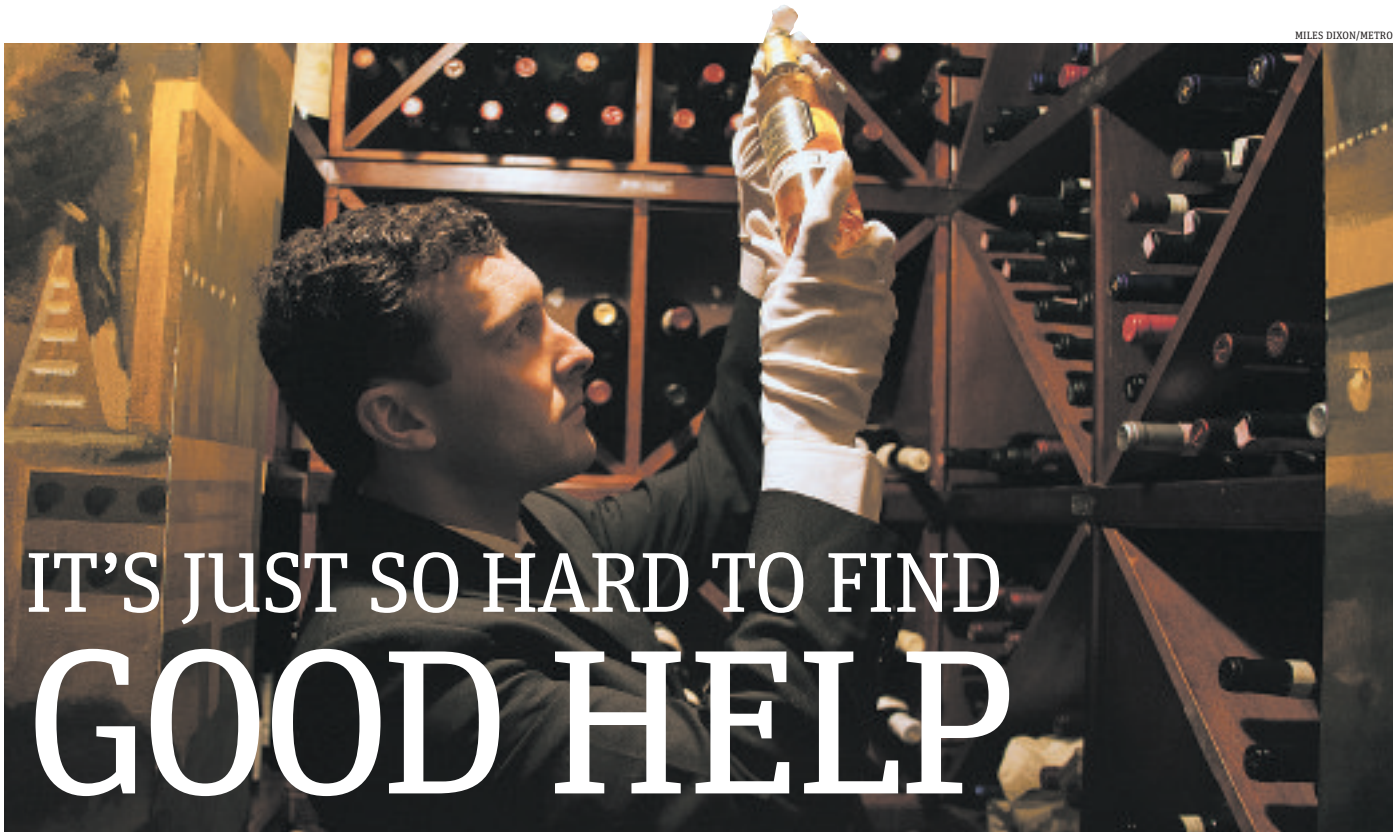

IT'S JUST SO HARD TO FIND GOOD HELP

Local domestic-staffing employers say they see effects of 'Downton Abbey' in New York Requests for butlers, lady's maids and even yachting experience in that one special staffer

Must be able to fly to the Hamptons at a moment's notice. Yachting skills a plus. And be willing to refill the refrigerator.

These are just a few of the challenges offered up by the incredibly rich, and a new breed of domestic staffer is filling them.

Experts in the industry are chattering about the "Downton Abbey" effect —the hit British drama follows a manor's family and their servants in World War I-era England.

And after watching characters like butler Mr. Carson open doors and smooth jacket shoulders, some New Yorkers want that for themselves.

Bertold Wiesner, managing director at Society Staffing, which provides British-style services, said calls increased after the show, with about four or five inquiries a week now.

"There is a certain amount of glamour to the world they inhabit," Wiesner said of the show's allure.

Mary Jane Seymour at Chelsea-based The Butler Did It, Inc., which provides special-events staffing, said New Yorkers want familiar faces, requesting the same people again and again, which resembles 'Down-ton,' where staffers live in and stay for years.

"In that sense, it is a little 'Downton,'" she said.

Within Society Staffing's job listings are phrases heard on the show — one woman in Tribeca wants a lady's maid to organize her seasonal wardrobe and prepare her for events.

On the show, personal maids help ladies drip in jewelry and dress lavishly for even a routine dinner at home.

And although butlers, lady's maids and valets will work in Manhattan apartments instead of the sprawling English countryside, most demands remain the same, Wiesner said — unwavering loyalty and discretion.

Most clients are executives with families living on Park or Fifth avenues, said Society Staffing CEO Robert Parry. New Yorkers are a different breed of boss.

"They know exactly what they want, so it's always a challenge," Parry said. "They want to have the best of everything."

Alison Bowen
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▶ Butlers are required to prepare place settings before meals, among the many duties they perform.

What does a butler do?

Wiesner recently launched a "Butler for a Day" service, which lets clients try out a butler at the cost of up to $1,000, depending on services. The tasks themselves range daily, Wiesner said. Some are "mundane," he said, like stocking the fridge or booking a car, but others may be more spontaneous or complex, like finding balloon rides for a party or specific embroidery for a garment. And getting the gig isn't easy — New Yorkers want staffers to be college-educated, fluent in at least one language (preferably French) and well-traveled with a valid passport. "They must be able to travel privately, leave any time at the client's discretion," Parry said. Wiesner manages the company's European offices, but he previously worked as a butler around the world for clients, including New York. One client in the Hamptons asked him to check electric dog fences surrounding the property. "I was shocked like 38 times," he said.

Quoted

"We want to take people back to an earlier age, where customer service and presentation was all about elegance and discretion."
WIESNER

Looking for their own 'Downton' staff

Listings on the Society Staffing site:

- **A Great Neck family** would pay a butler/house manager more than $90,000, but a must is "providing excellent service to residents and guests alike." Much like the butler on "Downton," they would be in charge of liaising with staff and overseeing daily meals.
- **Another butler** wanted on the Upper West Side would need to travel to the Hamptons and live in during the summer months. Pay is $80,000 plus.
- **A woman in Tribeca** wants a lady's maid to organize her closet and keep track of her seasonal wardrobe and prepare clothing for personal events, for a salary upwards of $60,000.

In the news

Schools for sell to high-rise developers

The Department of Education wants to sell two schools on the Upper West Side to developers, to be demolished and replaced with high-rise apartment buildings, DNAinfo reports. The DOE apparently advertised the locations in November but did not mention that the "prime development sites" being hocked were P.S. 191 and P.s. 199. METRO/DT

In the news

Body of Queens woman washes ashore

A body that washed ashore in Breezy Point this past weekend has been identified as a Queens woman who has been missing since December. Marisha Cheong, 24, had been missing since Dec. 19. Police found her decomposing body washed ashore in Breezy Point on Saturday. Cheong was last seen Dec. 19 in her Jamaica apartment. The medical examiner will determine the cause of death. METRO/LS

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[1] Reference - Epidural steroid injections procedures. Medscape reference retreived July 26th 2011. [2] Results may vary. Prior results cannot guarantee future outcomes.

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News in brief

Gillibrand seeks renewal of domestic violence act

Sen. Kirsten Gillibrand and Rep. Grace Meng of Queens joined survivors of domestic violence on Sunday and called on House lawmakers to reauthorize the Violence Against Women Act.

The bill, enacted in 1994, funds programs for victims of domestic violence. It has been reauthorized two times since then, but the Act's 2012 renewal was opposed by House Republicans who objected to expanding the bill to include LGBT and Native American victims of domestic violence. METRO/LS

Gillibrand

Dance. Of the dragon

▶ Dragon dancers lead the way in the annual Chinatown Lunar New Year Parade.

MICHAEL NAGLE/GETTY IMAGES

Chinatown revelers celebrate the New Year

Dragon dancers were just one of the sights to greet parade-goers during the 14th annual Chinatown Lunar New Year Parade on Feb. 17 in Lower Manhattan. This year celebrates the year of the snake. METRO

News in brief

Jewelry heist at Four Seasons

Police are searching for two men wanted for grand larceny after they broke a display case and snatched several pieces of expensive jewelry in the lobby of the Four Seasons Hotel in Midtown.

The robbery took place just before 2 a.m. on Saturday morning at the hotel located at 57 E. 57th St., according to police.

The thieves stole $2 million worth of jewelry, the New York Post reported. Two suspects grabbed the jewels while a third waited in a car outside. METRO/LS

▶ Police are searching for these two suspects.

NYPD

In the news

Queens teen found dead in Rosedale yard

A 15-year-old girl was found dead in the yard of a home in the Rosedale section of Queens Sunday morning, according to police.

Police responded to a 911 call around 7:40 a.m. at 245-07 135th Ave. The girl was later identified as Aeisha Sarooqui, who lived in Flushing.

Police said there were no obvious signs of trauma.

The homeowner and other nearby residents said they did not know the girl or why she was in the area. METRO/LS

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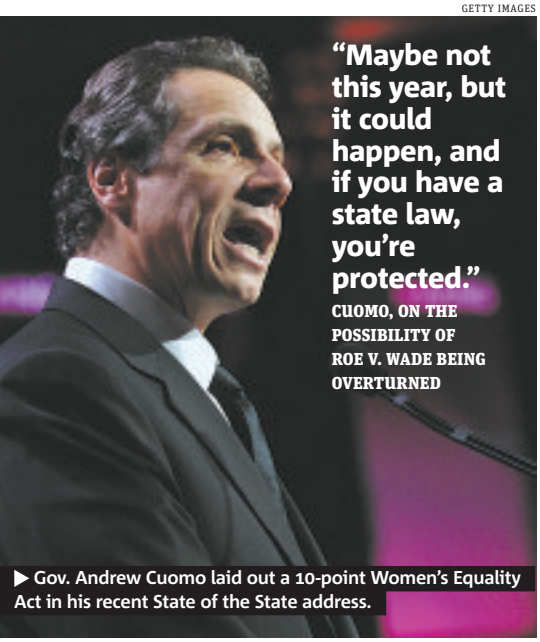

▶ Gov. Andrew Cuomo laid out a 10-point Women's Equality Act in his recent State of the State address.

Cuomo seeks change to NY abortion laws

In his State of the State speech, Gov. Andrew Cuomo announced a plan for a 10-point Women's Equality Act.

The points ranged from issues such as equal pay to stricter repercussions for sexual harassment. The most contentious point is No. 10, which proposes a Reproductive Health Act "protect[ing] a woman's freedom of choice."

The governor did not expand on what that would entail, though his office confirmed that it would involve removing abortion from New York state penal law and regulating it through the state's public health law, as well as augmenting the criteria under which late-term abortions are permitted.

Currently, New York state law allows late-term abortions in cases where the mother's life is in danger. Federal law permits late-term abortions in those cases as well, but also includes cases when there is a threat to the mother's health.

Doctors who perform abortions in the latter cases are protected by federal law, even if the abortions occur in New York state.

Opponents of the bill are referring to it as the Abortion Expansion Act, prompting the governor to insist that his law "doesn't change the legal parameters whatsoever," as it only "codifies [federal policy] as New York state law."

When pressed, Cuomo conceded that "the point of having it in the state law is if the Supreme Court ever made a different decision," referring to the Supreme Court case Roe v. Wade, which legalized abortion in 1973.

Danielle Tcholakian
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How does New York compare

The law would be significant nationally, as the past two years have seen a record number of laws restricting abortion access on the state level. In 2012, 19 states passed a total of 43 provisions restricting abortion, while no laws were enacted to facilitate or increase access to abortion, according to a policy review from the Guttmacher Institute.

24
Late-term abortions are those performed more than 24 weeks into the pregnancy.

In the news

Brooklyn man arrested in wife's brutal murder

Police have arrested a 58-year-old Brooklyn man in the brutal murder of his wife Sunday morning.

Hazel Robinson, 51, was found dead with severe injuries to her neck in her Canarsie home on Sunday just before noon, according to police.

She was pronounced dead at the scene. Her husband, 58-year-old Ian Robinson, was immediately taken into custody and later charged with murder and criminal possession of a weapon.

The couple had been living in Hazel's son's apartment since they were forced to leave their own home because of Hurricane Sandy, police said.

According to law enforcement sources, the attack was precipitated by Hazel Robinson telling her husband they needed to live separate lives and that he needed to start cooking and doing his own laundry.

She then went into the bedroom, and he followed her with a knife, police sources say. Before he slashed her throat, he reportedly told her she ruined his life.

He reportedly told police she fought back, but ultimately collapsed to the floor. Police say he returned to the kitchen, got a cleaver, and went back into the bedroom and continued to hack at her neck until she stopped moving.

The couple had been married for a little more than 10 years, police said.

METRO/DT

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Yoko Ono: The world today is full of activism

GETTY IMAGES

Half a lifetime ago, artist Yoko Ono lay in an Amsterdam hotel bed with husband John Lennon, staging a weeklong "bed-in" for peace and feeling they were very alone in their activism.

Today, Ono, whose own energy for campaigning has never tired, sees a world full of activists, maintaining her energy and faith in humanity.

"When John and I did the bed-in, not many people were with us. But now there are so many activists, I don't know anyone who is not an activist," she told Reuters in an interview in Berlin yesterday, her 80th birthday.

"Even the corporations — John always used to say the corporations need to be with us. ... Corporations now say 10 to 20 percent of their profits will go to such-and-such charity. They have to do that almost for people to feel good about it."

The late Beatle and Ono's 1969 bed-in to protest against the Vietnam War was repeated in Montreal, Canada. Press attention was huge, but much of it was mocking.

Ono, who gave a sold-out concert in Berlin on Sunday alongside their son Sean Lennon that closed with the anthem "Give Peace a Chance," said it is still critical to stand up for peace despite new conflicts in the intervening decades.

The artist, born to a wealthy Japanese family in Tokyo in 1933, has recently become a passionate opponent of fracking, a procedure that has sharply lifted energy output in the U.S. but which critics fear pollutes drinking water and could increase earthquake risks. **REUTERS**

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US could resume Mali military aid if elections successful

GETTY IMAGES

▶ French soldiers stand in the desert near the city of Bourem, northern Mali.

The United States is likely to eventually resume direct support for Mali's military — but only after full restoration of democracy through elections, the head of a visiting U.S. Congress delegation said yesterday.

Senator Christopher Coons, chairman of the Senate Foreign Relations subcommittee on Africa, was leading the first American congressional visit to the West African nation since France sent a military force there last month to halt an offensive by al Qaeda-allied insurgents.

The United States has been providing airlift and refueling support for the French-led operation involving hundreds of French and African troops that has driven the Islamist rebels from a string of northern Malian towns in the last five weeks.

Washington has also been sharing intelligence to back the operation, but has ruled out sending its own ground troops.

Coons, heading a four-member delegation from the U.S. Senate and House of Representatives, said both French and African military commanders were happy with the support that Washington was providing, but he indicated they might welcome more.

"There is the hope that there will be additional support from the United States in these and other areas," the Democratic Senator from Delaware told reporters in Bamako.

Asked if increased U.S. support for the military intervention could materialize, Coons said U.S. law prohibited direct assistance to Mali's armed forces because of the military coup there last year that toppled the elected government.

"After there is a full restoration of democracy, I would think it is likely that we will renew our direct support for the Malian military," he added. REUTERS

Resort. Winter

▶ A Malaysian leisure investment consortium saw potential in an old hangar and reopened it as an indoor tropical resort in 2004.

GETTY IMAGES

Germany: Even indoor R&R is more extreme

Without a cloud in the sky, this indoor beach is the perfect place to relax. The Tropical Islands resort in Krausnick, Germany, about 37 miles south of Berlin, welcomes up to 6,000 visitors a day to shed their winter wear for bikinis and trunks. Located within a converted airship hangar on a former Soviet air base, the indoor resort has translucent panels that let in UV light for tanning. METRO WORLD NEWS

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JFK items fetch $2M; Reader's Digest in debt

Sold!

▶ The John McInnis Auctioneers Presidential Auction of the Estate of JFK Special Assistant David Powers netted $2 million.

GETTY IMAGES

JFK birthday card auctioned for $17K

CAMBRIDGE, MASS. Thousands of items that belonged to a longtime aide of President John F. Kennedy sold for as much as $2 million in an auction that ended yesterday, nearly 50 years after the president's assassination.

A birthday card from his son, the late John F. Kennedy Jr., fetched $17,000; a flag flown on Kennedy's motorcade limousine sold for $55,000; while a seal that hung above the aide's desk in the West Wing sold for $17,000, excluding buyers' premiums, said Dan Meader, auction appraiser at John McInnis Auctioneers.

A top sale item in the bidding that began on Sunday morning was Kennedy's Air Force One bomber jacket, which sold for $570,000 plus a buyer's premium, far greater than the expectation of a $20,000 to $40,000 final bid. **REUTERS**

'Blade Runner'

Pistorius back in court for murder bail hearing

JOHANNESBURG. "Blade Runner" Oscar Pistorius, the South African double amputee Olympic athlete, is due in court for a second time today to apply for bail after being charged with murdering his girlfriend.

The arrest of the 26-year-old Olympic and Paralympic sprinter has stunned millions across the world who held him up as a hero for triumphing over adversity to compete with able-bodied athletes at the highest level of sport. **REUTERS**

▶ Pistorius

Magazine falters

Reader's Digest files for bankruptcy

WHITE PLAINS, N.Y. RDA Holding Co., publisher of the 91-year-old Reader's Digest magazine, filed for bankruptcy to cut $465 million in debt and focus on North American operations as consumers shift from print to electronic media.

Reader's Digest went public in 1990. An investor group led by private-equity firm Ripplewood Holdings LLC bought it in 2007 for $1.6 billion and the assumption of about $800 million in debt. **BLOOMBERG**

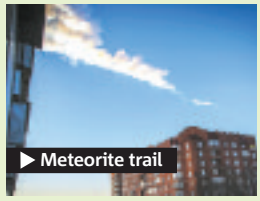
Finding fragments

Meteorite rush starts in Russia

MOSCOW. A meteor that exploded over Russia's Ural mountains and sent fireballs blazing to Earth has set off a rush to find fragments of the space rock, which hunters hope could fetch thousands of dollars a piece.

Friday's blast and ensuing shockwave shattered windows, injuring almost 1,200 people.

It started a "meteorite rush" around the industrial city of Chelyabinsk, 950 miles east of Moscow, where groups of people have started combing through the snow and ice. **REUTERS**



▶ Meteorite trail

Back from Cuba

Chavez makes surprise return

CARACAS. Venezuelan President Hugo Chavez made a surprise return from Cuba yesterday, more than two months after surgery for cancer that has jeopardized his 14-year rule of the South American OPEC nation.

The middle-of-the-night homecoming by Chavez, 58, implies some medical improvement — at least enough to handle a flight of several hours — and will again fire up supporters with hope he could return to active rule. **REUTERS**

18 Chavez's latest surgery was his fourth in 18 months since the disease was detected. He also has undergone chemotherapy.

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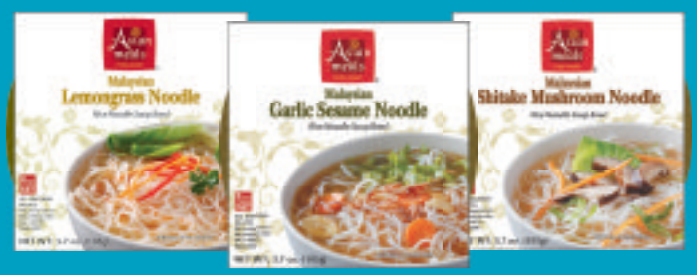

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Join us to learn how eating well can reduce your risk of cancer. Being mindful of portion sizes can help in weight loss and ultimately in reducing your chances of cancer. This lecture will break down the relationship between diet, obesity and cancer and demonstrate a healthy plate makeover.

Presenters:

Lisa R. Young, PhD, RD
Adjunct Professor
Department of Nutrition, Food Studies and Public Health
NYU Steinhardt School of Culture, Education and Human Development

Niyati Parekh, PhD, RD, MS
Assistant Professor
Department of Nutrition, Food Studies and Public Health
NYU Steinhardt School of Culture, Education and Human Development

Tuesday, March 5th, 2013
6:00 PM – 7:30 PM
NYU Langone Medical Center
550 First Avenue (@ 31st Street)
Alumni Hall B
New York, NY

Please visit www.nyuci.org/rsvp or call 212.263.2266.

Provide your name, phone number, the name of the lecture and number of people attending.

Sign Language interpreters will be provided.

NYU Langone MEDICAL CENTER

www.nyuci.org • NYUCIcommunityprograms@nyumc.org

A TRUE STORY OF DARK MATTER

Weird Science

JUSTIN DOWD
WINNER OF METRO'S RACE TO SPACE

metro.us/weirdscience

Log on

Justin has produced a chalkanimation video to accompany this column. View it at **www.metro.us/weirdscience.**

The universe is more than galaxies, stars, planets and empty space. What we see as "everything" is less than 5 percent of the total universe. The remaining 95 percent is dark matter and dark energy. The origins and identity of both are unknown.

To illustrate the basic mystery of dark matter, imagine taking a Chihuahua to the veterinarian. When it's time to be weighed, instead of the scale reading 10 pounds, it reads 100 pounds. Doctors are shocked when their tools find the dog's body is completely normal and doesn't account for the extra phantom weight. Later you give your wonder dog a bath. After heaving the purse-sized furry anomaly into a full tub, all of the water spills on the floor as if the entire container is filled, yet you see plenty of empty space.

Similarly, galaxies behave as if they have about 10 times more mass than what's visible. Second, galaxies appear to hover within a larger beach ball-shaped cloud of invisible matter, undetectable except through gravity. The source and identity of dark matter is unknown. The remaining 70 percent of the universe is dark energy. In 1998 the Hubble Space Telescope discovered an unknown force accelerating galaxies away from one another and driving the universe to expand faster. NASA's astrophysics page summarizes proven knowledge: "We know how much dark energy there is because we know how it affects the Universe's expansion. Other than that, it is a complete mystery." There are many promising candidates for dark matter/energy, each with flaws and benefits. Still, no clear front-runner exists. The search is on to identify dark matter and energy likely surrounding and passing through you right now. Experimenters around the world search for answers using both laboratories deep underground and particle accelerators. Meanwhile, telescopes study distances from individual galaxies to the structure of the whole universe.

▶ Scientists employ the use of technology such as satellites and telescopes to try to detect dark matter in both direct and indirect ways.

ESA-S. CORVAJA VIA GETTY IMAGES

Quoted

There are many promising candidates for dark matter, each with flaws and benefits.

Solutions will forever change humans' views of reality and shed light on the life cycle of the universe, beginning and end included. As 1800s German philosopher Friedrich Nietzsche wrote, "If you gaze long into an abyss, the abyss will gaze back into you."

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

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Silver Jewelry (all types)	Up To... $800	Art Deco	Up To... $13,000
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Pendants	Up To... $8,250	Pins	Up To... $6,250
Necklaces	Up To... $26,250	Diamond Wedding Bands	Up To... $8,500
Cocktails Rings	Up To... $15,250	Art Nouveau	Up To... $12,500
Charm Bracelets	Up To... $7,250	Lavalieres	Up To... $9,750
Earrings	Up To... $10,725	Garnets Jewelry	Up To... $1,000
Bracelets	Up To... $13,250	Bakelite Rings	Up To... $750
Cameos	Up To... $750	Floral Design	Up To... $10,500
Victorian	Up To... $10,500		

Gold, Silver & Diamond Jewelry!

Bring in your unwanted jewelry in any condition for a free evaluation and a cash offer today!

We pay more for rare items. Many more items not listed accepted!

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Instant Cash For:

1/4 Carats	Up To	$500
1/2 Carats	Up To	$1,750
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4 Carats	Up To	$45,000
5 Carats	Up To	$65,000
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We Need Larger Diamonds! 2 Carats and Up!

We buy all shapes, sizes & styles of cuts. Also diamonds with or without GIA certificates as well as old miners and European cuts

Bring your items in for a FREE EVALUATION!

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PRESENT ANY GOLD BUYER'S COUPON OR WRITTEN OFFER, ALONG WITH YOUR JEWELRY, AND WE WILL BEAT ANY BONA FIDE OFFER!

MUST PRESENT THIS AD. VALID ONLY ON THESE SHOW DATES: WEDNESDAY, FEB. 20TH & THURSDAY, FEB. 21ST

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Pay up to for the following:

Chains & Necklaces	Up To	$6,250
Class Rings	Up To	$525
Charm Bracelets	Up To	$7,250
Wedding Bands	Up To	$1,250
Mountings	Up To	$1,000
Antique Items	Up To	$6,250
Single Flatware Items	Up To	$800
Dental Gold Items	Up To	$850
Coins & Bullion		Bring for quote
Scrap Gold		Bring for quote

We Buy Anything Made of Gold or Platinum, Even Broken or Damaged!

ALL TYPES OF COINS WANTED

*U.S. Silver Halves 1934 and Older	*U.S. Three Cent Pieces 1889 and Older
*U.S. Silver Quarters 1932 and Older	*U.S. Two Cent 1873 and Older
*U.S. Silver Dimes 1934 and Older	*U.S. Indianhead 1 cent 1909 and Older
*U.S. Half Dimes 1873 and Older	*U.S. Large Cent 1857 and Older
*U.S. Nickels 1913 and Older	*U.S. Half Cent 1857 and Older

Your Coins Could be Worth Up To Hundreds — Even Thousands!

**Check your items to see if you own any of these valuable coins:*

U.S. Silver Halves - 1870-CC Liberty Seated	Up To	$3,000
U.S. Silver Quarters - 1901-S Barber Quarters	Up To	$2,500
U.S. Silver Dimes - 1885-S	Up To	$2,500
U.S. Half Dimes - 1802 Heraldic Eagle Reverse	Up To	$15,000
U.S. Two Cent - 1864 Small Motto	Up To	$1,000
U.S. Large Cent - 1847 Braided Hair	Up To	$5,500
U.S. Half Cent - 1793 Liberty Cap Head Left	Up To	$5,500

SILVER DOLLARS

Wanted Rare Dollars!

United States

1794 to 1803	1840 to 1873	1878 to 1904
1836 to 1839	Trade Dollars	1921 to 1935

Your Coins Could be Worth Up To Hundreds — Even Thousands!

Check your items to see if you own any of these valuable coins:

1798 15 Stars obverse	Up To	$25,000
Gobrecht Reeded Edge Dye Alignment	Up To	$5,500
1866 with Motto Above Eagle	Up To	$5,500
1873-CC Liberty Seated	Up To	$5,500
1889-CC Morgan Silver Dollar	Up To	$5,500

Our Aim is to Beat Most Offers!

We Strive to Beat All Legitimate Written Offers

Before Bringing your items to us, take them to other dealers. Have them give you legitimate offers in writing. Then bring your jewelry and written offers to one of our locations. Although no one can guarantee with certainty they are paying the highest price for an article at any particular time, we will strive to beat most legitimate written offers.

A Note Regarding the Up To Prices listed in this Ad

The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth $7,000 in new condition or less than $20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

Customer Satisfaction

Most of our business comes from satisfied customers and referrals which includes their friends and families. Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.

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Starts Tomorrow at these 2 convenient locations: The Hilton New York and The Marriott Brooklyn Bridge.

GOLD & SILVER JEWELRY, GOLD & SILVER BARS, WATCHES, COINS, STERLING SILVER AND DIAMONDS!

2 DAYS ONLY! STARTS TOMORROW, WEDNESDAY, FEB. 20th & THURSDAY, FEB. 21st at the Hilton New York Hotel and the Marriott Brooklyn Bridge.

YOUR ITEM LIST

Take a few moments to check ✓ off the items you may have that we need!

- ✓ **JEWELRY:**
- ❑ Gold Jewelry
- ❑ Silver Jewelry
- ❑ Diamond Jewelry
- ❑ Wristwatches
- ❑ Pocketwatches
- ❑ Antique Jewelry
- ❑ Cameos
- ❑ Platinum Jewelry
- ❑ Charm Bracelets
- ❑ Gold Rings
- ❑ Garnet Jewelry
- ❑ Enamel Items on Gold & Silver
- ❑ Dental Gold
- ✓ **COINS & PAPER MONEY:**
- ❑ Silver Dollars (Pre-1935)
- ❑ Silver Coins (Pre-1964)
- ❑ Silver Bars
- ❑ Gold Bars
- ❑ U.S. Gold Coins
- ❑ Foreign Gold Coins
- ❑ Gold Bullion Coins
- ❑ Proof Sets
- ❑ Mint Sets
- ❑ Paper Money (1860-1934)
- ❑ Coin Collections
- ❑ Carson City Silver Dollars
- ❑ Indianhead Pennies
- ❑ Investment Coins
- ❑ Certified Coins
- ✓ **STERLING SILVER:**
- ❑ Silver Jewelry
- ❑ Flatware Sets
- ❑ Single Flatware Items
- ❑ Tea Sets
- ❑ Antique Items (all kinds)

PLEASE NOTE:
We can arrange one of our representatives to visit your home if you have a large jewelry and coin collections.

STERLING SILVER

All Time Periods, Kinds & Types

We will pay up to for the following:

Silver Jewelry (all types)	Up To	$800
Centerpieces	Up To	$8,250
Claret Jugs	Up To	$800
Full Flatware Set	Up To	$12,250
Punch Bowls & Sets	Up To	$5,250
Single Flatware Items	Up To	$800
Tea Sets	Up To	$12,250
Trophies	Up To	$2,050

We Buy Any Type of Sterling Silver!

We purchase sterling silver of all types and makers. Rare and unusual items command the highest prices.

GOLD COINS

Wanted Rare Gold Coins!

United States

*$1.00	1849 to 1889	*$5.00	1795 to 1833	*$10.00	1795 to 1804
*$2.50	1796 to 1834	*$5.00	1834 to 1838	*$10.00	1839 to 1932
*$2.50	1840 to 1929	*$5.00	1839 to 1908	*$20.00	1850 to 1933
*$3.00	1854 to 1889	*$5.00	1908 to 1929		

Your Coins Could be Worth Up To Hundreds — Even Thousands of Dollars!

**Check your items to see if you own any of these valuable coins:*

$1.00	1849-C Liberty Head Closed Wreath	Up To	$10,500
$2.50	1804 14 Stars Capped Bust	Up To	$16,000
$3.00	1854-D Princess Head	Up To	$10,500
$4.00	1879 Gold Stella Flowing Hair	Up To	$25,000
$5.00	1909-O Indian Head Half Eagle	Up To	$8,500
$10.00	1859-O, 1863S, 1875	Up To	$8,000
$20.00	1931-D Saint Gaudens Double Eagle with Motto	Up To	$15,000

WRIST & POCKET WATCHES

All Kinds, Time Periods & Types

Rare Watches Worth a Fortune in Cash! Pay up to for the following:

Ball	Up To	$3,000	Longines	Up To	$13,000
Breitling	Up To	$15,000	Movado	Up To	$2,500
Cartier	Up To	$12,500	Omega	Up To	$2,500
Corum	Up To	$3,000	Rolex	Up To	$16,000
Ditishiem	Up To	$5,000	Seth Thomas	Up To	$1,500
Dudley	Up To	$10,000	Tiffany & Co.	Up To	$15,000
E. Howard & Co.	Up To	$11,750	Ulyssee Nardin Chronograph	Up To	$10,000
Elgin	Up To	$5,000	Watches	Up To	$16,500
Frodsham	Up To	$12,000			
Gallet	Up To	$1,250			
Hamilton	Up To	$1,000			
Illinois	Up To	$1,500			
Jules Jurgenson	Up To	$16,000			
LeCourlte	Up To	$6,000			

PLEASE NOTE:
We also purchase watches that are NOT in working order.

Breitling
Up To $15,000

Rolex - All Kinds
Up To $16,000

Tiffany & Co.
Up To $15,000

Cartier
Up To $12,500

Longines
Up To $13,000

WANTED ALL SILVER COINS

1964 or Prior

Why You Should Sell Now!

The Economy & Market Value

The recent downturn of our economy during the last three years has caused gold and other precious metal prices to soar to the highest levels of all time. This is the reason this is best time to sell before prices drop.

Get Cash Immediately

Our professional staff will provide you with a speedy evaluation and make all payments in cash.

No Charge

We do not charge for our consultations. Find out how much cash your unwanted items will put in your pocket. Many customers have been surprised and delighted by the amount of money they received.

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Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.

Licensed, Bonded & Insured

We are licensed, bonded and insured in all cities and towns in which we conduct business.

Help the Environment

Using recycled precious metals for jewelry is an important way for jewelers to source precious metals more responsibly. Precious metals that have already been used in some way, including "vintage," "renewed," or "reclaimed" metals from jewelry and electronics, are not directly implicated in the destructive impacts of mining. They do not share responsibility for the impacts of mining in the same way that newly mined gold does.

Satisfied Customer Testimonials

Really like it here! Everyone is very kind, great atmosphere. I have been back 4 times!
— C. Pace

I have been here 2 times and both times the people that work here were very friendly. I would definitely recommend this to my friends!
— J. Grace

It was really fast!
— A. Davis

I heard about this store from the radio and as soon as I got the chance I came to sell my unused jewelry. It was a great & friendly service and I will be back!
— J. Simek

Very informative & professional. A relaxed atmosphere & experience.
— D. Rees

My service was exceptional!
— C. Sweeney

I was offered a certain amount at one place and when I told RCFG the amount they beat the price by a good amount. People are very friendly and courteous.
— J. Bloomquist

The staff was helpful and friendly. I was able to take old jewelry and walk away with a handsome amount of money.
— D. Smith

Had fun selling my old jewelry that was broken. Received some extra cash for Springtime and our new puppy. I would recommend RCFG!
— C. Lang

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Is graduate school the right thing right now?

Adding those extra letters after your title can give you a career boost But plan ahead to how you'll pay it off

Money is one of the first things that comes to mind when one considers applying to a graduate program, let alone going into one. But what is the return on your investment? It depends on you.

As a coach and trainer for creative professionals, Dave Mowers says when starting out in graduate study, "You'll be surrounded by opportunity, new and fascinating people, lofty ideas, incredible demands and intense feedback and attention." Can you make it pay off? Mowers lays out what to know before committing the time and money.

Why should we think about grad school right now?

There are signs of economic recovery. We have many industries, and advanced training and education are key to the innovation movements across the board.

Are there common mistakes people make when deciding to apply or choosing a school?

The No. 1 mistake is the assumption that any specific program will change your life and solve financial problems. People's second mistake is taking an initial rejection as a stopper. But the biggest mistake is taking on the cost without a realistic plan for managing finances after the program is complete.

▶ Career coach Dave Mowers says you'll be surrounded by opportunity and "lofty ideas" at grad school.

STOCKBYTE

Five tips

What to remember when taking the next steps:

- **Research is free.** Spend time online with schools that interest you, but also visit open houses. Learning about a school is the first step to learning from the school.
- **Applying is not committing.** Applications aren't cheap, but they're a small investment compared to the cost of attending a school. Find out what you need to succeed and take it from there. You don't have to accept.
- **Keep an open mind.** Sure, there is always a program ranked No. 1, but there are also other schools that may offer you better options for placement upon graduation.
- **Ask for it.** Graduate schools are competing for your business. Make sure you are meeting face to face with a committed team of people who will help you get the experience you want.
- **What happens after?** Business is still business when you finish, and it comes down to who you know. Graduate school should provide you with a network that will move you toward your professional goal.

Is enrolling in continuing studies classes a good alternative to immersing yourself in grad school full time?

Continuing studies programs offer an amazing route to achieving your career goals. Programs like this are staffed by professionals working in the field. Most of them participate because they are interested in cutting-edge development, staying current with thought leadership in their industry and sharing a passion for their discipline or work.

Doug Smith
letters@metro.us

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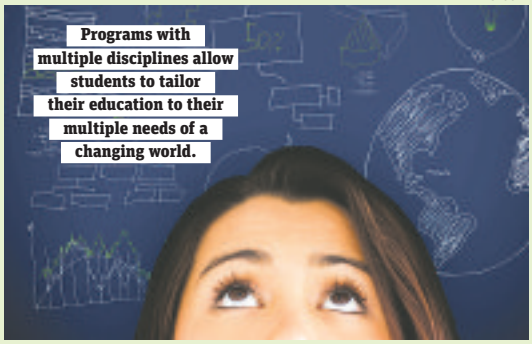
Education in brief

Intellectual exploration is not just for undergrads

THINKSTOCK



Programs with multiple disciplines allow students to tailor their education to their multiple needs of a changing world.

Graduate programs that allow students to take an interdisciplinary approach are cropping up at universities across the country. With an outside-the-box approach, an interdisciplinary degree allows students to choose their own curriculum. Students are without the constraints of what a more traditional department may require. In this way, a student can unify disparate interests into a degree that is tailored to their aspirations.

Matthew K. Gold is an associate professor at the M.A. program in Liberal Studies at CUNY's Graduate Center. He says the interdisciplinary program gives students freedom. "I think it's a benefit because students can direct their study toward their own personal and professional goals. That gives students the ability to shape the degree to their own desires."

Quote

"Students can direct their study toward their own personal and professional goals."
GOLD

Students can let their interests in, say, fashion and business or sociology and urban planning come together in one degree.

Gold says that these programs prepare students for an increasingly complex job market, political scenario and technological environment.

"There has been much conversation about the ways in which academic disciplines are connected," he says. "The problems of our world call for multidisciplinary and interdisciplinary solutions."

JULIA FURLAN

IS GRADUATE SCHOOL IN YOUR FUTURE?

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THE WORD

Dorothy Robinson's take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Are people more upset over Mindy McCready's dog than her children?

ALL PHOTOS GETTY IMAGES

▶ McCready killed herself days after she was released from rehab.

Twitter was ablaze over **Mindy McCready**'s tragic suicide on Sunday. The troubled 37-year-old country singer shot herself in the same spot her longtime boyfriend, record producer **David Wilson**, killed himself a month earlier. But after reports emerged that McCready killed the family dog before turning the gun on herself, sympathy turned to anger — people seemed to be much more upset that she shot her dog rather than being in such a dark place that she would leave behind her two young children, **Zander**, 6, and **Zayne**, 9 months old. A sampling:

@ChasinCaroline Seriously? Mindy #McCready killed her dog before she killed herself? Now that's cruel!

@wwtdd the fact that mindy mccready killed her dog first makes me glad shes dead

@ChristopherFTL Mindy McCready shot and killed her dog before turning the gun on herself. My sympathy meter just went to zero after reading this.

As a huge animal lover, I get the outrage. But as murder/suicides go, a dog is better than, God forbid, a child. Of course, Twitter is but a small sampling of what we're all thinking, but isn't it fascinating that the world decided to pick up on this aspect of the tragedy rather than the human one — that two little children are going to be scarred for life and will grow up with no mother?

Fergie, Josh Duhamel are expecting their first child

Fergie has some new lovely lady lumps, as it was announced yesterday via **Josh Duhamel**'s Twitter that the couple are expecting.

"Fergie and Me and BABY makes three," he wrote. Fergie, 37, followed suit: "Josh and me and BABY makes three!!!" she tweeted and included the hashtag **#mylovelybabybump.**

Duhamel has been talking about fatherhood for a while. "It'll happen," he told USA Today while promoting his new film "Safe Haven."

"It's happening. But every three months she's pregnant [in the press]. If she gets a little paunch, everyone thinks she's pregnant. It's like, well, thanks, they're basically calling you fat. But like my mom said, well, if she's been pregnant as long as everyone says that she is, well, then we're going to have a baby elephant. We're on our own schedule with that."

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@ABFoundation [Alec Baldwin] Fox TV reporter followed me down street, walking my dogs. He tripped and fell. My doorman said, "I'm your witness! You didn't push him!"

@Joan_Rivers Reading about all those people stranded aboard the Carnival Triumph. The passengers on the Titanic had a better time on their trip.

@realjeffreyross Last night on the phone my buddy @bobsaget told me his eyelid was infected and when I woke up today mine was too. Theories?

@charliesheen hashtag hash browns! hashtag flash clowns! hashtag crash frowns! hashtag mash gowns! hashtag porpoise fur hashtag please stop Charles

Sheen

Talking points

Rihanna gets into a fight with a fan

Some of **Rihanna**'s fans are still not OK with her rekindled relationship with **Chris Brown**, and they're not afraid to show it. The singer was left injured outside a London nightclub after a fan hurled a bottle of Lucozade, a British energy drink, at her while screaming about her reunion with Brown, according to the New York Daily News. Witnesses say Rihanna fell against a metal shop grate during the ensuing mayhem, cutting her knee.

Sam Ronson's mom speaks out against Lohan

Ann Dexter-Jones, the socialite mother of DJ **Samantha Ronson**, is opening up about why she stepped in to break up Ronson's relationship with **Lindsay Lohan**. "I was seriously anxious about Samantha's safety and well-being. I feared tragedy," Dexter-Jones tells the Daily Mail. She remembers a party for the opening of the Atlantis Hotel in Dubai as being a particular breaking point. "Suddenly, without any warning, Lindsay flung herself onto the thick carpet and started to roll around screaming like a child," Dexter-Jones says. "It seemed she was upset that people, including Samantha, were not paying her enough attention. To my mind, it was classic psychotic behavior."

▶ Ann Dexter-Jones and Samantha Ronson

Wilde on her dream gown

Olivia Wilde and **Jason Sudeikis** may not have officially set a date for their wedding yet, but Wilde is thinking about what she'll wear. "I'm very excited to look for a dress," Wilde tells People magazine. "I think women should want a dress that inspires them, especially for an important day like a wedding. I'm looking for a design and materials that represents the best version of myself." So what exactly does that entail? "Anything that is modern, elegant and playful," Wilde says.

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myentertainment

The stars were out this weekend

1. I got this, bitches: **Selena Gomez** was spotted leaving a radio station in Paris on Monday.

2. These are the people responsible for making "Breaking Bad" more addictive than meth: The show's writers — **Sam Catlin, Moira Walley-Beckett, Vince Gilligan, Gennifer Hutchison, George Mastras, Thomas Schnauz** and **Peter Gould** — won the Writers Guild Award for Outstanding Drama Series on Sunday night in LA.

3. Harry Styles and his devilish smile took a walk in London on Sunday.

4. And in NYC, **Lena Dunham** hugged it out with **Gina Gershon** at the Writers Guild East Coast Awards after-party.

5. Today's odd couple: **Rob "Vanilla Ice" Van Winkle and Verne "Mini-Me" Troyer** were at the third annual Streamy Awards in Hollywood on Sunday night.

1: MARC PIASECKI/FILMMAGIC
2: JASON KEMPIN/GETTY IMAGES FOR WGA
3: ALEX DAVIES/FILMMAGIC
4: MICHAEL BUCKNER/SAS 2013/GETTY
5: BEN GABBE/GETTY
6: CHUNG SUNG-JUN/GETTY

6. Jackie Chan flashed a peace sign at the Seoul premiere of "Chinese Zodiac" on Monday.

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RENE FERRER

▶ "A Day in the Life of Miss Hiccup" is playing at The Red Room during the FRIGID Festival, starting Feb. 20.

FRIGID returns to NYC

▶ Returning for its seventh year, FRIGID Fest promises new and returning indie theater acts ▶ Which ones to watch — and why

Returning to New York City for the seventh year, FRIGID Festival brings together a collection of exciting, uncensored performance art pieces ranging in theme, tone and structure from stand-up comedy to burlesque, from short works to full-length plays. It takes place in multiple downtown venues from Feb. 20 to March 3, and artists collect 100 percent of proceeds — plus, of course, invaluable exposure. Executive Director Erez Ziv tells us what FRIGID has in store for 2013.

Congrats on seven years! How did FRIGID originate and how has it progressed?
The idea for FRIGID was first introduced to us by Christina Augello of Exit Theater, who runs the Fringe Festival in San Francisco. ... She told me about this festival that gives 100 percent of box office proceeds back to the artists. It fit the mission of Horse Trade like a glove, and within a couple of months I was in Montreal meeting with all the Fringe producers from Canada. … Over the past seven years, the festival has grown steadily, [allowing] us to distribute close to $30,000 to participants last year — up by more than 50 percent from the first year!

Q&A

How do shows qualify for FRIGID?

The work qualifies simply by virtue of having been created. All year long we [read] scripts, bios, résumés and reviews, we preview shows and examine past work, we ask interns what they think, we confer with committees, we do readings and readings and then we do more readings! This is the one chance a year we get to just let things happen and see what comes out. [And then] we pull shows out of a hat! Literally, a top hat.

Who is the target audience?
We have some good shows that anyone who enjoys live theatrical entertainment will enjoy. We also have shows that appeal to people who would not normally go see a show uptown or who can't afford the steep Broadway prices.
There's an eclectic mix of shows. What's the common thread?
The common thread is art! The work is new, fresh, exciting and surprising. Most importantly, it is all created and performed by some of the hardest-working people in show business: self-producing indie theater artists.
What are some standouts?
I am excited about "Traditional Dances of Sri Lanka." This is writer/performer Una Osato's fourth year in the festival; if her previous shows are any indication, "exHOTic Other" will be great. "A Day in the Life of Miss Hiccup" is coming all the way from Tokyo, Japan. This is her first time in the FRIGID Festival. I've been hearing a lot of great buzz about her, so I'm really excited to finally see her perform. But ... every year there is at least one show that really takes me by surprise, and those are the ones I always enjoy the most.

T. Michelle Murphy
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When young idols are your muse

Teddy Wayne gives a sly peek behind the velvet rope of an 11-year-old Bieber-esque pop star in his new novel, 'The Love Song of Jonny Valentine' But fame and fortune have their downsides

Q&A

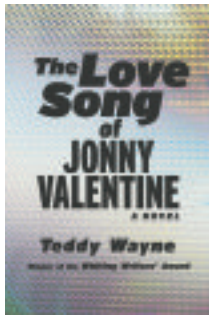
How did you get the idea for the book?

There wasn't really a "eureka" moment. I'd been tutoring kids in Brooklyn once a week, and at the same time I'd been working on a novel that was going nowhere. One time, I saw one of the girls reading Miley Cyrus' book, "Miles to Go," and it must have landed in my subconscious because a week later, a friend asked if I had any ideas. I said, "How about we parody these teen pop star biographies?" An hour later, I realized if I treated this with more gravity, it could make a more serious novel.

Meet Jonny Valentine, an 11-year-old pop star who worries about hitting puberty and career longevity. In "The Love Song of Jonny Valentine," author Teddy Wayne gives us a peek behind the velvet rope of a young pop star. Sort of inspired by Justin Bieber, the book delights in mocking an American society obsessed with nubile stars. But it also strikes serious chords, examining what that obsession does to the pint-sized pros themselves. Some serious moments even eerily parallel Bieber news stories after Wayne wrote the book, like violent threats and a marijuana scandal. Wayne, 34, talked to Metro about prepping through celeb glossies and guitar strums.

CHRISTINE MLADIC

▶ Wayne



So how many front-row Justin Bieber concert seats did you buy to research?

I ended up not going to any. I didn't want to be too beholden to the reality of Bieber concerts. I did watch his documentary film. It's entertaining; it's his own official documentary but he's savvier and smarter about his image than you'd think, than the normal teen pop star. I watched a lot of amateur [YouTube] concert footage.

Jonny struggles with a few challenges throughout the book. Some authors say they feel like their characters lead them — did you have a good idea of the ending, or did you feel like Jonny surprised you?

I had a general idea of where I wanted to go, but one thing I found with writing is I do a lot of ventriloquism. This novel and the previous novel are both in voices very unlike my own. I do a lot of humor writing for magazines and newspapers that's also "ventriloquified," other characters. When I get into another character's voice, I start thinking about this character, and it does lead me to their decisions and thoughts.

How does society get to a place where we idolize 11-year-olds?

We hold them up as these paragons of innocence. … And then inevitably, they fail us — because it's impossible to stay innocent forever — and once they do, we punish them. We're cruel about it.

Alison Bowen
alison.bowen@metro.us

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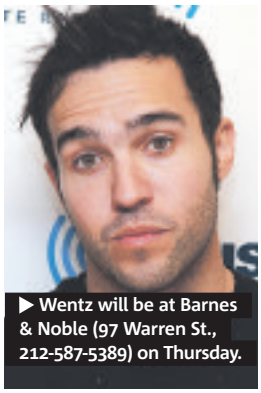
A bit of a falling out with Fall Out Boy Pete Wentz

We must have said something to upset bassist and now novelist Pete Wentz He insists his new book isn't a memoir

Pete Wentz was apparently not happy with something we said and decided to abruptly end our interview four questions in. In the interest of full disclosure, early on in the discussion, we did try to break the ice by referencing those nude photos that leaked online in 2006. But if that riled him up, we think it would have made more sense for him to hang up at that point, instead of well into our interview about his debut novel "Gray." At least we were able to salvage these (somewhat) coherent thoughts from our chat.

You worked on this book for years. What did it take to finally come out?
I don't know, I guess it's just — I mean, I don't know. I think creative projects don't really happen overnight, I guess. There's no rhyme or reason to why it takes a little — I mean, there's no specific reason, I guess, you know.


▶ Wentz will be at Barnes & Noble (97 Warren St., 212-587-5389) on Thursday.
GETTY IMAGES

The main character sounds like you — a Chicago guy who quits school when his band gets big. How much of you is in him?
I mean, it's 100 percent fictional. ... There's composite characters in the same way that I think that if you read people's books throughout history they're informed by their lives, but I think in the kind of obsessed culture we live in, people are like, "Well, then that means that it's autobiographical," but it's not. ... I could have written it as a nonfiction because you get more bang for your buck. Nonfiction, it's like on the 'Today' show … and it's obviously a lot of easier to get [on the] New York Times best-seller list, but ... you know, I don't know, I mean, it's just not the road that I would take.
Well, thanks for clearing that up. Did you approach your writing the same way you write music?
[Click]

Q&A

Did the story change while you worked on it?

I guess, I mean, the premise and the idea were the same. I mean, I think the narrative took on different directions a couple of times, but that's the nature of, I guess, writing something.

Meredith Engel
meredith.engel@metro.us

TV watch list

'Body of Proof'

DRAMA. The medical series starring Dana Delany is back for Season 3. Megan returns to work following Peter's death last season, but the show's high-voltage energy gears up when she and her crew go after a serial killer who winds up holding her daughter Lacey hostage.
Season premiere, 10 p.m., ABC

'Our America with Lisa Ling'

REALITY. Lisa Ling's latest endeavor, currently in its second season, offers a sleekly produced look at demographics that don't often receive the spotlight. Tonight's captivating topic centers on Christian martyrs who take their faith to extreme levels.
9 p.m., OWN

'Cult'

DRAMA. A creepy reality show may be prompting copycat murders in this new drama starring CW staples Matt Davis and Jessica Lucas as a journalist and a production assistant who investigate the mysterious trouble.
Series premiere, 9 p.m., The CW

MATTHEW JACOBS

▶ Dana Delany stars in "Body of Proof," which kicks off its third season tonight.
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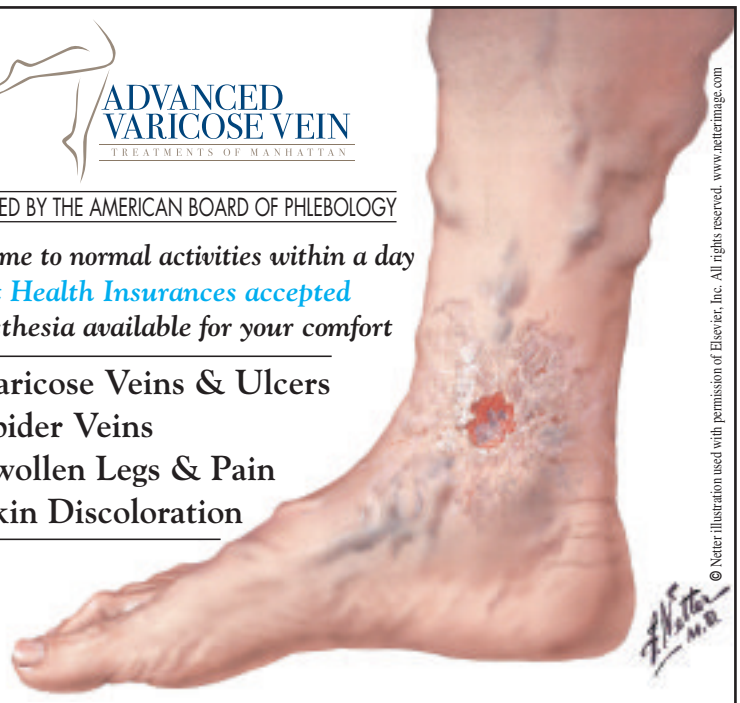
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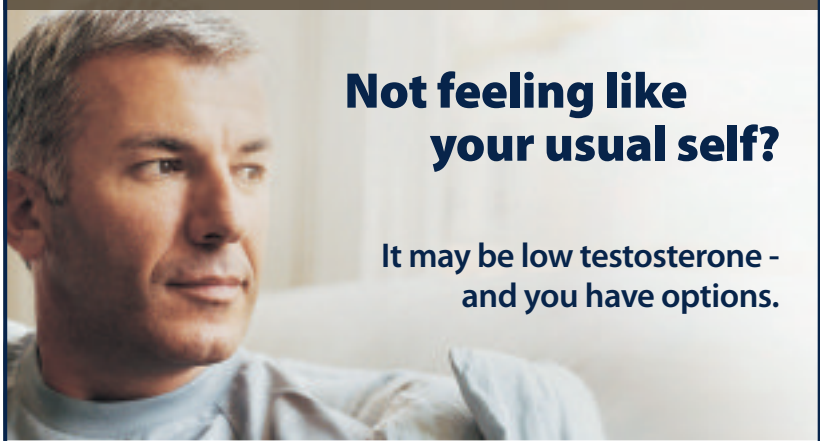

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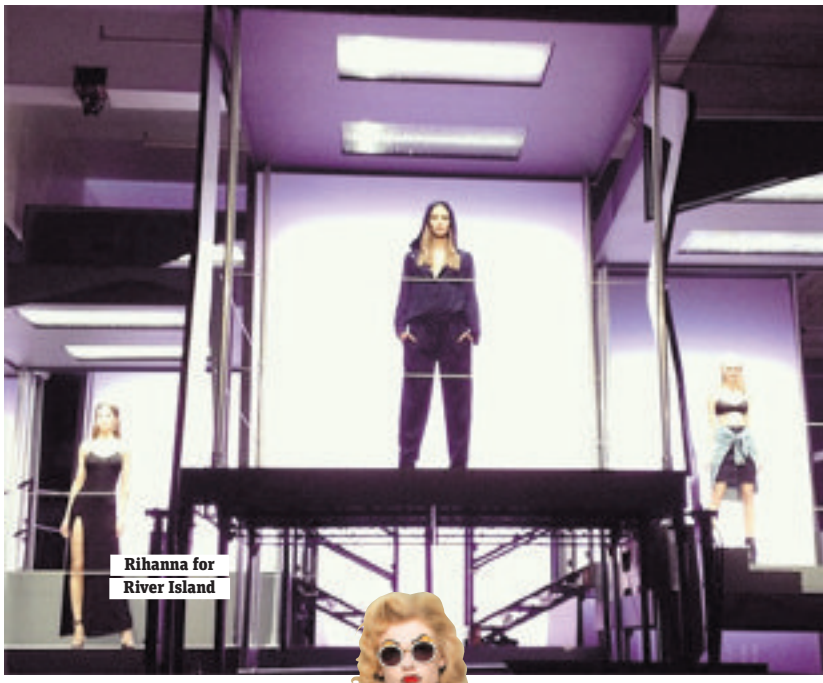
London Fashion Week

London FW diary

SATURDAY, FEB. 16

9:15 p.m.
Inside **Rihanna**'s debut collection for **River Island** it feels like we're up in the club. The pop star's super fans are dancing, hard. Model of the moment Cara Delevingne is body-rolling to Drake. Her bestie, model Jourdan Dunn, is getting down right beside her. They take a seat beside Tyson Beckford. KENYA HUNT

9:30 p.m.
Kanye West's "Clique" is playing. Rihanna gets extra points for the soundtrack. But the clothes? I'm having flashbacks to Kanye West's debut in Paris, which was a much more intimate affair. The critics raked his line over the coals, but at least he put in a real effort, even if he did try too hard. Rihanna and her co-designer Adam Selman, on the other hand, seem to be banking on the fact that plenty of women out there want to look just like her. So rather than showing us something new and creative, like the platinum-selling albums she turns out yearly, these clothes seem a bit last-year. That's mostly because these tank dresses and sheer tops are replicas of things she's already worn, and that clearly seems to be the point (it worked for the Kardashians). The Row or Victoria Beckham, this collection is not. Can we get a sartorial equivalent of "Diamonds" instead? KH



Rihanna for River Island

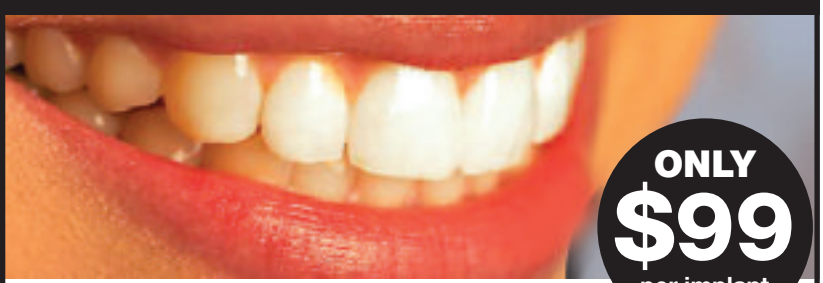
Vivienne Westwood Red Label

SUNDAY, FEB. 17

2:30 p.m.
Onto the **Vivienne Westwood Red Label** show. There's chatter about whether Daisy Lowe or Georgia May Jagger will walk at the show — hmm, no sign of the baying paparazzi, so perhaps not. The opening burgundy and navy striped coat teamed with a painted face and knee-high socks is a standout. The collection feels more subdued this season, with cinched waists, asymmetrical tailoring, drape dresses and skirt suits — all quintessentially Viv. But there's some naughtiness, too, in the (male) form of a holographic phallus on a clutch bag. RICHARD PECKETT

2:45 p.m.
The cocktail hour at **Topshop's Unique** show is in full swing. This year it's being held in the Tate Modern museum and the tourists who are in the building to

DENTAL IMPLANTS SAME DAY TEETH!



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Fall '13 kicks off

view some art are getting another kind of show instead. As I walk in, there's a bearded man in a dress posing for photographs with Pixie Geldof. KH

3:15 p.m.
Um, just how many shows is Cara Delevingne walking in this season? That girl is inescapable. And where you see her, Jourdan Dunn is not far behind. Last night, they were partying at Rihanna's show together. Today they're opening Unique like two impossibly lean partners in crime. KH

3:30 p.m.
This is one of the best collections Topshop has produced in a while. A few takeaways:

1) Skirts are longer and fuller this season. Unique's, which come in leather and shimmery sequins, are particularly good.

2) Satin is trending. But the key is to make it young, cool and casual. Witness the navy jumpsuit, which was a show highlight.

3) The more oversized, the better. This collection epitomizes the overall slouchier, roomier and comfier feeling of the season. KH

Topshop Unique

GETTY IMAGES

Interview

▶ Vivienne Westwood wears a T-shirt with an image of WikiLeaks founder Julian Assange.

5 Questions for Vivienne Westwood

The Saatchi Gallery in swanky Chelsea is about as punk as Prince Charles these days, but it used to be home to Vivienne Westwood and Malcolm McLaren's "Sex" shop in the '70s. Anyway, I'm on my way to speak to Viv. Easier said than done, seeing as the publicists have obviously taken tips from North Korea when it comes to media access. Ninety minutes pass by and the excitement amongst camera crews and reporters begins to wane (there are no chairs) — then she arrives.

What statement are you making with the collection, particularly in relation to Julian Assange?
This collection's not got any strong political statement in itself — it's just here to help people look more attractive and more glamorous. I expect the message for the fashion is "Quality is more important than quantity." Buy less, choose well, make it last. The other thing is, I always use my fashion as a platform to talk out against the problems we face. The most important thing is public opinion, which makes politicians change — particularly the message about climate change. Climate change is caused by the rotten financial system we've got and we can all see what it's doing now. It's making everybody poorer, it's making a few people richer and that's what this system is designed to do. It destroys the Earth.

Are you anti-capitalism?
Er, I don't know. This is something we have to work out. I mean, for example, there's far too much manufacturing in the world of total rubbish. If we want money to circulate, you could pay people not to work, which we do anyway, or you could make more money by paying teachers, for example. And yet, we are cutting down on all those things so that we can continue our old way of doing things which is to manufacture so a few people can cream off the profits, destroy the Earth and destroy the livelihoods of everybody else in the world. RP

How much does sex play a factor in your work?

Well, my husband would love to have all the models naked just like the photographs of Helmut Newton. He just thinks they're amazing.

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Why is 3 the magic number?

At 3, you can reason with them. Before that, most kids really can't comprehend guidelines or why it is important to follow directions. Until they can understand and recognize boundaries, it is so much easier to keep them in the crib where they can have the best sleep.

▶ Amy Lage tackles a variety of child sleep issues at www.wellrestedbaby.com.

Making the leap from crib to bed

Is your child ready to move to a big-kid bed? Child sleep consultant Amy Lage helps families best approach this crucial moment

Easing your child through the transition from sleeping in a crib to a new bed doesn't need to be a nightmare. Child sleep consultant Amy Lage has made a career out of helping families best approach this crucial moment in a toddler's life. If your child cannot stay in a crib safely any longer (for example, your little monkey is making a great escape every night to crawl into bed with you) or is asking for a toddler bed, it might be time for Lage's advice.

Why is the transition from crib to bed so important?
We want to make sure that the entire family is getting as much sleep as possible, and that your children are well-rested. To avoid those middle-of-the-night wake-ups, it's important to set the tone and do it right the first time. It keeps everybody on track.

Your suggestion of letting a child pick out new sheets or a bedframe is interesting. Do kids find this exciting?
Yes — children are always a little nervous about the change. This makes them feel in control of the situation, which is so important for toddlers. They are so often grasping for control in their lives.

Can older kids help too?
Absolutely — especially if the sibling is a great sleeper. They can talk up the new bed, and how exciting the change will be. Having them get the younger sibling excited will help.

What sparked your interest in this topic? Did you have trouble transitioning your children?
I have a 2-year-old and a 2-month-old. The older one is actually still in her crib, and will stay until she asks to switch. In the sleep community, we really think it's important to keep children in their crib until they are really ready. I'm a big believer in waiting until 3.

Natalie Shure
letters@metro.us

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Parenting and blogging: Meet the Tyler family

Ronnie and Lamar Tyler started a blog about their blended family It quickly turned into a full-time media business

BLACKANDMARRIEDWITHKIDS.COM

Ronnie and Lamar Tyler are the couple behind the successful parenting and marriage blog www.blackandmarriedwithkids.com.

Ronnie and Lamar Tyler were thrilled to find one another after some false starts. They blended their families from earlier relationships, and their marriage thrived. But it sometimes seemed as if they were the only happily married couple in the world.

Everything they heard about marriage in the media and in their community was negative. "Divorce rates are high, and people are having a lot of children out of wedlock," Ronnie says. "All of that makes it important that there are people like us out there promoting positive images and showing people that happily married couples do exist, that marriage is great if you put the work in."

So, the couple started Blackandmarriedwithkids.com because they loved being married and wanted to try blogging about their feelings. As IT managers they were Web-savvy, but they didn't expect their blog to take off the way it did. Friends and family have spread the word about the blog, and the couple does guest blogging on bigger sites to attract readers. On their site, they sell banner ads, DVDs of their documentaries about successful or healed marriages in the black community and books on marriage by other authors.

The couple says Blackandmarriedwithkids.com attracts 150,000 to 200,000 visitors a month and their revenue doubled last year. For the first time last year, the Tylers worked full-time on their business, while also parenting four kids. "We had to write about something that we were both passionate about and that we would want to write about 10 years later," Ronnie says.

"We had to write about something that we were both passionate about and that we would want to write about 10 years later."
RONNIE TYLER

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▶ Demographics are not on the side of recent college graduates.

VSTOCK

Surviving a post-grad unemployment slump

‘This generation is unique’
What’s important right now

Bonnie Kerrigan Snyder graduated from Harvard in 1987 and was thrown into a sinking economy — and a job market not terribly interested in English majors. Today she’s a family college consultant, and she sees her clients struggling with the same obstacles she ran into post-graduation — only much worse.

Her latest book, “The Unemployed College Graduate’s Survival Guide: How to Get Your Life Together, Deal with Debt, and Find a Job After College,” mines some of the wisdom she picked up in the ’80s and appropriates it for an even bleaker job market.

“I wanted to create a survival guide that took this job crisis seriously. This isn’t advice you’d give to just any generation. This generation is unique in history, and the same rules just don’t apply,” says Snyder, from her home in Lancaster, Pa. “They’re really caught in a double whammy. There’s obviously a recession, but there’s also a demographic crunch going on: There’s just more older people now, and they’re holding onto their jobs much longer.”

Kerrigan’s guide begins with a strong dose of emotional reassurance for post-grads feeling let down by their job status and judged by their parents.

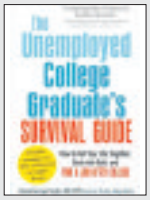
“In my experience, the kids are more aware of the realities than the parents are. Parents are having a hard time adjusting their expectations,” says Snyder. “There is a way Americans have approached college for generations: Choose a school first, discover what you’re interested in while you’re in school and start thinking about a job in your senior year. The stakes are so much higher for these kids, and we need to start thinking about the payoff of this investment a lot sooner.”

Bruce Walsh
bruce.walsh@metro.us

The new realities

In her latest book, family college consultant Bonnie Kerrigan Snyder dissects the outdated wisdom of American higher education. Here is just one example:

Outdated thinking: A college degree ensures financial security.
The new reality: College can be a risky financial investment, and that risk needs to be hedged. A family only has so much money to help launch a child into the workforce. Diverting some of those resources toward a home or starting a business is a better strategy.



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3 Ways to make sure your new job doesn't take over your life

▶ Taking a break to hang out with your co-workers and socialize can make you happier, not just better at video games.

THINKSTOCK

Expert says work-life balance is key to performing well at work How to achieve it

Being the new kid in the office also coincides with being the new kid on the block, so it is especially important that you don't let your work take over your entire life. It's not good for your job and it's not good for you.

Julie Chandler, an executive with staffing firm Robert Half International, says that work-life balance is one of the most important facets to performing well at work. "When I have that work-life balance, I go in the next day with a smile on my face because I'm happy to be back," she says.

Here are the top three ways to keep your life balanced:

Leave work at the office

In the age of social media and smartphones, work is no longer contained to the office. Assignments can roll in at any time with the click of a button.

It is important to make a distinction between work time and home time. Do you really need to be reading budget reports on Saturday morning or can it wait until Monday?

Job permitting, try to avoid checking your work e-mails during weekends and evenings.

Take breaks

Starting a new job on the right foot means working hard, but it doesn't mean that you can never step away from your desk. Being glued to a chair in front of your computer for eight solid hours every single day can take its toll. Try taking regular breaks or ask a co-worker to join you for lunch away from your desks. You'd be surprised at how much of a difference it can make!

You'll return to work feeling refreshed and ready to get back to it.

Make plans

After a long day at work, it can be tempting to slump down on the couch for the rest of the evening. While a little R&R is never a bad thing, it's important to break out of your work-to-home routine. For some, this means making plans with friends, going out after work and taking in local attractions. Put life back into your work-life balance and experience your city.

ISHANI NATH FOR TalentEgg

Talentegg.com is a job board and online career resource for college students and recent graduates.

Quoted

"When I have that work-life balance, I go in the next day with a smile on my face because I'm happy to be back."

JULIE CHANDLER

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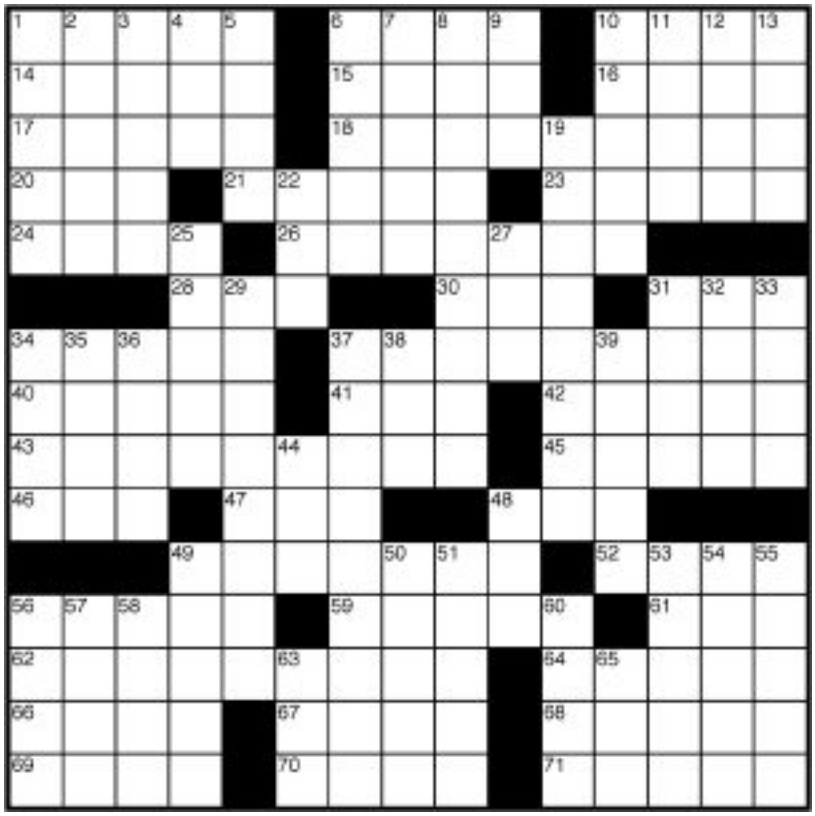

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Horoscope

♒ Aquarius **Jan. 20-Feb. 19.** The secret to your success will be to treat life as a game, even those aspects of it that have been tough or boring. It's OK to have some fun while you're playing to win.

♓ Pisces **Feb. 20-March 20.** When looking for the bluebird of happiness, you shouldn't go searching outside your immediate surroundings. Staying within your domain is important, both for yourself and your circle of intimates.

♈ Aries **March 21-April 19.** You rarely have a difficult time knowing what to say to friends. Even though you're likely to be surrounded by a larger crowd today, you'll still find a way to charm everybody.

♉ Taurus **April 20-May 20.** Conditions in general are usually favorable for you, and today will be no exception. The only difference is that most groups you encounter will have something to do with making money. How nice!

♊ Gemini **May 21-June 20.** Your natural ability to spread some sunshine and lift the thoughts of others will contribute greatly to your popularity. You'll find that some people need a smile more than others.

♋ Cancer **June 21-July 22.** Lucky you, because an effective ally who does nice things without drawing attention to it will single you out for special attention.

♌ Leo **July 23-Aug. 22.** You could be quite fortunate — not necessarily in the usual material ways, but in something that won't rust and can't be stolen.

♍ Virgo **Aug. 23-Sept. 22.** As long as you don't establish too many objectives or excessively focus on one thing, you should be able to concentrate on a meaningful project.

♎ Libra **Sept. 23-Oct. 23.** Provided you have the will to win and never underestimate the opposition, you shouldn't have any trouble bettering yourself and ousting all competitors. Just keep plugging away.

♏ Scorpio **Oct. 24-Nov. 22.** A number of unanticipated changes could occur in an area of importance. Be flexible and keep an eye on the competition.

♐ Sagittarius **Nov. 23-Dec. 21.** Your quick wit and delightful charm are two of your best assets. Mutual benefits are likely from situations in which you can deal with others on a one-on-one basis.

♑ Capricorn **Dec. 22-Jan. 19.** The extra funds you'll need in order to do something special will manifest as soon as the assets you've been putting away begin to appreciate.

BERNICE BEDE OSOL

Solution to weekend's crossword

Letters

Some notions should go the way of chivalry

RE: "THE LOST ART OF THE LOVE LETTERS" (METRO, FEB. 14) If any woman held me to all of your Valentine advice, I would consider her a fool.

1. If I wrote a handwritten letter (I'm not referring to the signature) to anyone when I could have typed it, I would be going out of my way to make the recipient's life harder.

2. I don't need a beard to convince people that I'm a man. The unavoidable "5-o'clock shadow" does the trick, even earlier in the day.

3. A nice car? I don't need a car in New York City, so having one would show me to be a spendthrift and indifferent to the public good.

4. If a man has to have a high-paying job to get married, shall we reserve all high-paying jobs for men so that more people can get married? Think about it!

ALAN R. BROWN, VIA E-MAIL

Pope prime fodder for great headline

I just wanted to say that the headline for Metro's Feb. 12 edition that said: "Benedict: Too pooped to be pope" has got to be one of the best lines I have heard in years. I just love the way it sounds and it has been stuck in my head all week. The other night my friend asked if I wanted to go out and since I was I was tired I just replied, "No thanks, I'm too pooped to pope."

It's terrible, I can't get it out of my head. I've been laughing about it all week. Thank you for making my week, or probably month.

PETER BOYLES, VIA E-MAIL

Jackman didn't go out of his way to squash rumors

RE: "HUGH JACKMAN: NOPE, NOT GAY" (METRO, FEB. 27) I enjoyed your article about Hugh Jackman. Before Daniel Craig was cast as the latest Bond, there were blind items in the New York tabloids alluding to Hugh not being cast because gay rumors were swirling around him. Ticket sales would plummet. He was one of the hottest men in Australia even before international stardom hit. How many gorgeous, 20-something women must have thrown themselves at him in vain.

MICHAEL RIORDAN, VIA E-MAIL

SUDOKU: HARD

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		3		1	8			
6	1	4		7				9
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					1			8

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

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Snow, spas and that special someone

Valentine's Day is over, but the romance is still alive at these unique destinations

Mess up your Valentine's Day with the wrong gift? There's still some time to save face (and your relationship) with a romantic trip for two. These specials are geared toward sprucing up your love life, and they aren't just for Feb. 14.

Tuscany NYC
New York City, N.Y.
www.stgilesnewyork.com
For couples looking to go beyond flowers and chocolates, the Lofty Pleasures Romance package literally puts you "on cloud nine" with a helicopter ride over Manhattan. After taking in the view, couples return to find their room stocked with a surprise treasure chest and champagne. Since Tuscany NYC is a new property, you'll take advantage of grand opening rates beginning at $239; the Lofty Pleasures Romance package is additional.

GOLDEN ARROW LAKESIDE RESORT

Golden Arrow Lakeside Resort
Lake Placid, N.Y.
www.golden-arrow.com
Get mushy with a dogsled ride around Mirror Lake in the Adirondacks, complimentary with the resort's (still running) Valentine's Day package, which includes a host of romantic add-ons to make the experience cozy and complete. Is your sweetie green? The Golden Arrow became the first and only resort in the United States to achieve a 5 Green Leaf rating from the Audubon Society for its eco initiatives, which include guest recycling programs and alternative energy sources like solar panels.

▶ Couples who take advantage of the Borgata's Romance package get access to the pools at the Immersion Spa.

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Schroon Lake, N.Y.
www.schroonbb.com
The B&B, nestled high up in the Adirondack mountains, offers five well-appointed room choices. Make a memory worthy of a Currier and Ives postcard with a 45-minute sleigh ride through the Adirondacks, complete with blankets and hot cider.

Borgata Hotel, Casino and Spa, Atlantic City, N.J.
www.theborgata.com
This Atlantic City getaway has a plethora of packages for the discriminating romantic, such as Winecation, Wake Up Smiling or even the Up All Night special, which involves food, drink, entertainment, spa treatments and more.

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10-Day Caribbean $679* Fr. $679 pp — Ocean View $889* Balcony $1039*

Holland America Line — Receive up to $575 Onboard Credit, plus Free Dining, Wine or Champagne on select sailings
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A DIFFERENT KIND OF WINE COUNTRY

▶ Coyote's Run grows its grapes on two distinct soils.

If you can't escape to Napa, look north Right over the Canadian border are a variety of wines ready for the tasting

Sandwiched between Lake Ontario and Lake Erie, the cool climate of Ontario's Niagara Peninsula provides excellent conditions for winemaking. The region specializes in Icewine, a sweet drink traditionally paired with dessert, but is also gaining recognition for its table wines and sparkling wines, especially chardonnay, riesling, cabernet franc and pinot noir. Take a glimpse at some of the wineries that are making a name for themselves here.

Stratus Vineyards

www.stratuswines.com
This isn't your parents' winery: The high ceilings, monochromatic palette and sleek finishes make Stratus a must-visit. The LEED-certified winery (the first in the world) is on 62 acres, and the mature vineyard grows 18 varieties of grapes, all of which are picked and sorted by hand. You'll find your cab sauvs, your merlots and your chardonnays, but you'll also see that it specializes in assemblage — the combination of several grape varieties to make a new wine. There's no recipe to it; each resulting product is unique.

Coyote's Run Estate Winery

www.coyotesrunwinery.com
Coyote's Run is situated on 58 acres of two types of soil — one red, one black — which means that two pinots, chards or other varietal can taste remarkably different. Generally speaking, grapes grown in red soil have a fruitier taste, whereas the black soil produces wines that are more earthy. Because the property sits in a slightly warmer part of the region, the grapes here are often harvested one or two weeks earlier than other area wineries.

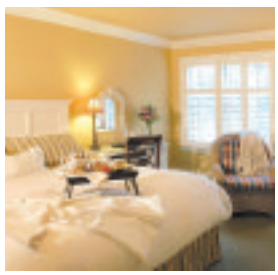
Peller Estates

www.peller.com
The sprawling family-run property is lavishly decorated in rustic yellows and gives you the feel that you've stepped into an old Tuscan mansion. In 2006, London's International Wine & Spirit Competition named Peller the best Canadian winery of the year. During the Icewine festival in January, the site becomes home to flocks of visitors toasting marshmallows over fire pits and snacking on poutine, a decadent Quebec dish of French fries topped with gravy and cheese curds. There's also an elegant on-site restaurant, to which Zagat gave an Extraordinary rating.

▶ At Reif Estate, tasting plates are refurbished from old barrels and corks.

Where to stay

The quaint Harbor House Hotel is a 31-room boutique hotel in Niagara-on-the-Lake. It was recently named a top hotel in Canada and the highest-ranked in Ontario by TripAdvisor.



Reif Estate

www.reifwinery.com
"A winemaker is a caretaker," head winemaker Klaus Reif says. He produces 16 varietals and approximately 30 products, and the winery has won about 400 awards. Reif grows its own grapes and ages its wines in Hungarian, French and Kentucky oak barrels before they make their debut in a homey wooden showroom. Ask Archie the sommelier for a tasting — he's a pro at helping beginners learn and discern.

Come back for Icewine

Niagara heats up in January, when the annual Icewine festival brings locals and visitors together to celebrate the deliciously sweet and easily adaptable unofficial drink of the region. During the fest, wineries and restaurants do tastings and special pours, and the city comes together for a food-pairing festival and a cocktail competition. When the weather gets warmer, visit for the Shaw Festival, devoted to playwright George Bernard Shaw, and Canada Day celebrations (July 1). Visit **www.niagaraonthelake.com** to learn more.

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GRADING THE NETS

Brooklyn's team is settling into their new digs But they are now doing it with a new coach Team closed first half strong Metro grades team's players, coach

The first year in Brooklyn has been interesting for the Nets.

The calendar year started with Avery Johnson winning Eastern Conference Coach of the Year after an 11-4 start and ended with him being fired when the team was at .500 on Dec. 27.

Since P.J. Carlesimo took over on an interim basis, the Nets have won 17 of 25 games, the team's second-best record after a midseason coaching change. Carlesimo noted before the Nets headed into the break with a win last Wednesday that he would like to see more consistency.

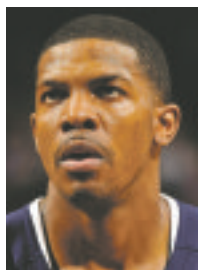
Metro grades the team's first half:

Larry Fleisher
sports@metro.us

A– P.J. Carlesimo: The Nets have responded well to the former Seton Hall head man. They've averaged 96 points and shot 44.5 percent while making 36.2 percent of their 3-pointers in the last 25 games. The only flaw has been some blowout losses.

C Deron Williams: Williams averaged 21 points in his first full season with the Nets last year, but that has dipped to 16.7, which is his lowest since 2006-07. Ankle issues may be the cause, but the Nets are hoping eight days off will help the $100 million man.

B Joe Johnson: Durable and steady would be the best way to describe Johnson's first 53 games as a Net. Despite shooting 42.4 percent, Johnson has been in double figures in 50 games and is responsible for two game-winning shots.



B– Gerald Wallace: Wallace is averaging under double digits in points (8.9) for the first time since 2003-04 and has missed 10 games with injuries. Even with reduced numbers and minutes, his presence in the locker room and on the court is a significant asset.

ALL PHOTOS: GETTY IMAGES

A+ Brook Lopez: Lopez went from being dangled in the Dwight Howard trade talks to taking that next step teams look for from lottery picks. It resulted in an All-Star selection.

C– Kris Humphries: Career highs of 13.8 points and 11 rebounds last season prompted the Nets to re-sign Humphries to a $24 million deal. So far, Humphries has been disappointing.

B Reggie Evans: Evans's sole purpose is to get rebounds and his average of 9.2 per game (10.5 as a starter) is suitable enough to compensate for his limited offense.

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AL PEREIRA/GETTY IMAGES

▶ Revis is being followed by an NFL Network film crew during the rehab process from his torn ACL.

Revis, Jets still not on same page

Star cornerback not happy with team about trade rumors
Revis: 'I need answers' now

For a team that seems to never stop talking, the Jets apparently haven't spoken to star cornerback Darrelle Revis recently.

Revis sat down for an interview with NFL Network last night, in which he complained about not hearing anything from the Jets before rumors of trading the cornerback broke earlier this offseason.

"I was speechless because I didn't get a phone call," Revis told NFL Network. "I know it's a business, just call me. Don't have it lingering out there. I need answers and I'm not getting any. Just the fact that was put out there and not contacting your best player on the team."

Revis, 27, tore his ACL in Week 3 and missed the remainder of the season in 2012. With just one year left on his contract, the Jets are torn between extending a player coming off a major knee injury or trading him for draft picks to rebuild a struggling franchise.

$13M

Revis is due $13.77 million dollars in 2013, which is the final year of a four-year contract. He reportedly wants a six-year extension.

The Jets are also very close to the cap and will cut veterans Bart Scott and Calvin Pace, as Metro previously reported, just to free up space.

New general manager John Idzik stated at his introductory press conference last month it was much too early to speculate on any trades. Revis has reportedly spoken to Idzik since giving the interview to NFL Network.

The NFL Combine begins on Thursday, where head coach Rex Ryan and Idzik will speak to the press.

Mark Osborne
mark.osborne@metro.us

Sports in brief

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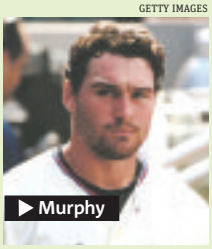


▶ Murphy

Murphy hurt in Mets camp

MLB. It's too easy to make jokes, but yes, the Mets already have their first injury of the spring.

Second baseman Daniel Murphy felt a "tug" on his right side and will head back to New York to get a cortisone shot in his ribs. He will also get an MRI, but general manager Sandy Alderson said they do not expect Murphy to miss more than a week. **METRO**

Santana won't pitch in WBC

MLB. Mets pitcher Johan Santana will not pitch in this year's World Baseball Classic, GM Sandy Alderson said yesterday.

"We have decided not to grant permission to Johan to participate in the World Baseball Classic," Alderson told reporters. "We've talked to Johan about it."

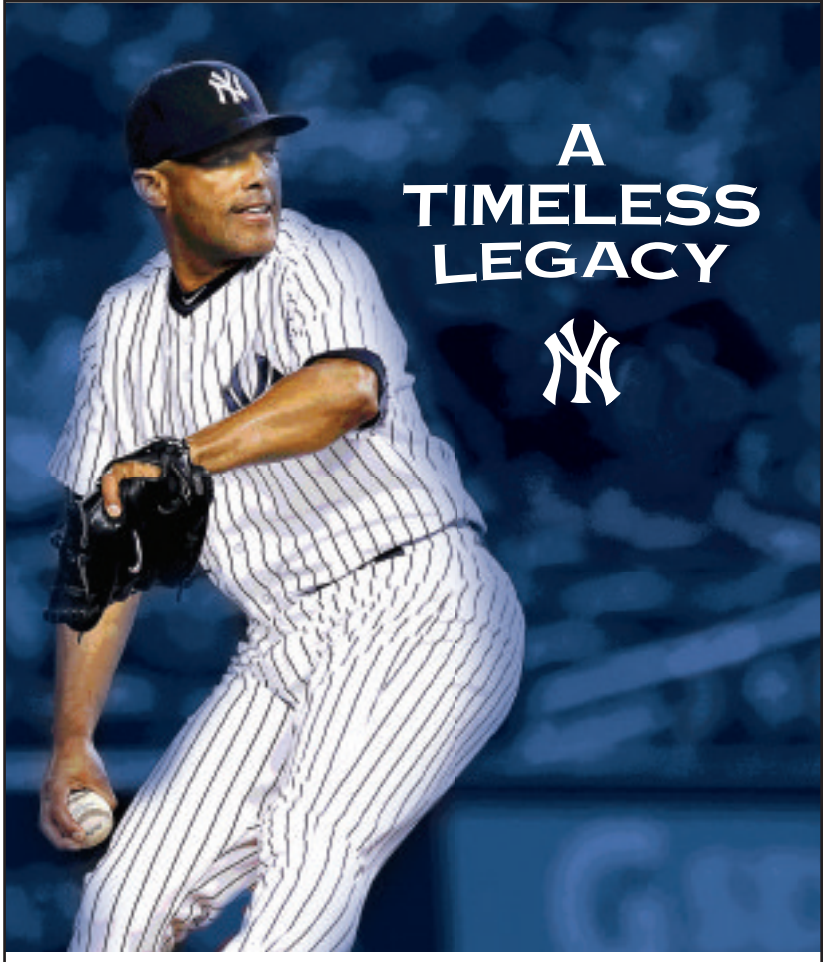
Santana ended last season on the DL, so in order to pitch for Venezuela in the WBC he would have had to get the organizing committee to ensure his contract. That was no guarantee considering he is owed $25.5 million this season. **METRO**

Lakers owner Buss, 80, dead

NBA. One of the longest-tenured — and most successful — owners in NBA history died yesterday.

Dr. Jerry Buss, who owned the Los Angeles Lakers since 1979, led the franchise to 10 NBA titles under such stars as Kareem Abdul-Jabbar, Magic Johnson and Kobe Bryant. He also won two WNBA titles as owner of the Los Angeles Sparks.

It was recently announced Buss was battling an undisclosed form of cancer. **METRO**



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The Islanders got exactly what they deserved yesterday afternoon: a tongue-lashing after not showing up for work.

"They were the hungrier team. They blocked way more shots. They were more physical. They won the board battles. They won the 50-50 puck battles. They manhandled us. That, to me, is controllable. That's your work ethic. That's your battle level. That's what's unacceptable," Islanders head coach Jack Capuano said following a noncompetitive, 7-0 loss to the Flyers at the Nassau Coliseum. "Find it within. Some guys have it. Some guys don't."

The loss was the worst of the season for the 6-8-1 Islanders, who came in having won two in a row.

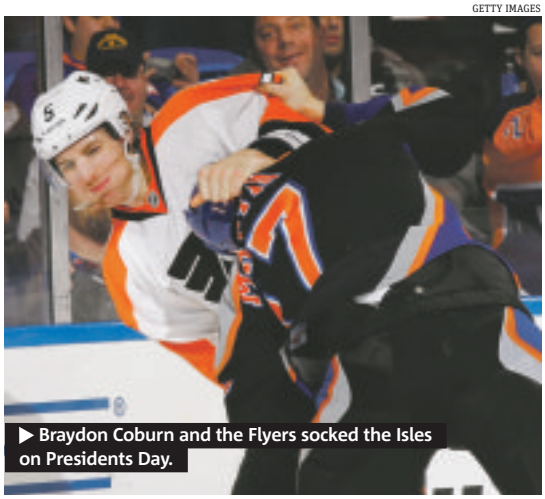
"It's not acceptable," Islanders defenseman Mark Streit said. "We had a terrible game."

Thirteen Islanders finished minus-1 or worse. The top line of Brad Boyes, John Tavares and Matt Moulson were a combined minus-9. Andrew MacDonald was on ice for four of the Flyers' six goals, and finished minus-3.

It didn't take long for the rout to commence. Giroux one-timed a Read pass past Evgeni Nabokov at 26 seconds. The Flyers had a 1-0 lead on the game's first shot. It would be all they would need.

"It's nice to get that going in the other direction," Flyers head coach Peter Laviolette said. "It's happened to us too much this year. To go out that first shift [and score], I think that was really important by Claude's line. Not only did they score the goal [but] they were physical right off the bat and set the [tone for the game]."

GETTY IMAGES



▶ Braydon Coburn and the Flyers socked the Isles on Presidents Day.

Isles lose Strait

The Islanders lost defenseman Brian Strait for the game in the second period with what the team called "a left ankle injury." He will be reevaluated today.

Skating near the benches, Strait lost an edge and fell to the ice. He crawled to the bench.

"Brian Strait is going to be out for awhile," Capuano said. "I think he's going to be out for awhile." METRO

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• Are between the ages of 18 and 75 and have been diagnosed with celiac disease
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Medical Research

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Local doctors need volunteers for a research study comparing FDA-approved arthritis medications.

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Visit: www.StudyForArthritis.com

Icahn School of Medicine at Mount Sinai

Obsessive Compulsive Disorder

Are you bothered by recurrent and disturbing thoughts (obsessions) or irresistible urges to check or repeat things (compulsions)?

Examples of obsessions are concerns with contamination, intrusive images or fear of terrible things happening.

Examples of compulsions are checking for safety, excessive washing, or time-consuming rituals.

The Icahn School of Medicine at Mount Sinai's Department of Psychiatry is recruiting participants for a new investigational medication research study. The study is for Obsessive Compulsive Disorder (OCD) and eligible participants will receive study related procedures and study medication at no charge.

To qualify for the study, you must:
- Be between the ages of 18 and 65
- Currently be taking medication for OCD
- Continue to have symptoms of OCD while on medication

For More Information, please contact:
Resham Gellatly at (212)659-1677

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Still Feeling Depressed?

If you're taking antidepressant medication but are still depressed, you may qualify to participate in a clinical research study evaluating an investigational add-on medication for depression.

Qualified Participants between the ages of 18 and 65 will receive, at no cost:
- Study related medical care
- Psychiatric evaluations
- Marketed antidepressant
- Study related medication or placebo

You may be compensated for your time and travel.
No insurance is required for participation

Call Comprehensive Clinical Research at *1-800-993-8502*
80-15 164th Street, 1st Floor,
Jamaica, New York 11432

COMPREHENSIVE Clinical Development

Has the pursuit of helping a loved one find an effective treatment for their depression been unsuccessful?

If so, please contact us about our research study of an investigational antidepressant treatment.

Qualified participants must:
- Be adults up to 70 years of age
- Be currently using an antidepressant treatment
- Have attempted at least 2 other antidepressant treatments in the past

Qualified participants may receive:
- Study-related exams, evaluations and study treatment at no cost
- Compensation for travel

For more information, call **212 241 7910** or visit www.mssm.edu/research/programs/mood-and-anxiety-disorders-program

IRB Approved 1/24/2013 - 6/25/2013

HAVE YOU EVER EXPERIENCED a Traumatic Or Life-Threatening Event?

SINCE THE TRAUMA, have you:

• Had nightmares or flashbacks? • Tried to avoid thinking or talking about it? • Felt jumpy or anxious? • Become less connected with people around you, or less interested in activities you used to enjoy?

If so, you may be suffering from post-traumatic stress disorder or PTSD. The Mood and Anxiety Disorders Program at the Mount Sinai School of Medicine is conducting a study of an investigational medication that may help relieve your PTSD symptoms. You may be eligible to participate if you have PTSD and are 21-65 years old.

Participation involves a thorough psychiatric and medical screening.
You Will be compensated for your time.

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For more information, please call
The Mount Sinai Mood and Anxiety Disorders Program
at (212) 241-7910
www.mssm.edu/psychiatry/map/

PI: Dan Iosifescu, GCO 06-0945, MSSM IRB Approved until 1/29/13

Are you a Gulf War Veteran or Gulf War-Era Veteran?

You may be eligible for a **research study** examining the long-term effects of deployment. Study involves interviews, questionnaires, and laboratory tests over approximately six visits. If eligible, you will be reimbursed for your time and expenses.

Research takes place at the Bronx VA Medical Center and the Mount Sinai School of Medicine.

For information, call **Markay Hopps or Melissa Rothstein at (718) 584-9000, x. 6567/6587**

PI: Julia Golier, MD; VA Project # GOL-11-056
VA IRB approved through 6/6/2013

ACUPUNCTURE STUDY FOR IBS

Do you have Irritable Bowel Syndrome (IBS)?

You may be eligible for a research study aimed at reducing symptoms associated with IBS using Acupuncture. Qualified participants will receive up to $330.

To be eligible you must:
- have diagnosis of IBS.
- be experiencing symptoms related to your IBS.
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Legal Notices

NOTICE IS HEREBY GIVEN that a license, Number TBA for LIQUOR has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a RESTAURANT, under the Alcoholic Beverage Control Law at 4009 BROADWAY NY, NY 10032 for on-premises consumption. CHIPOTLE MEXICAN GRILL OF COLORADO LLC.

Public Notices

City Harvest, New York's only food rescue organization, will procure & deliver over $125,000 worth of high-quality food for the Food Pantry Initiative with City Council discretionary funds from the Department of Youth and Community Development (DYCD). There are 21 pre-selected emergency feeding programs throughout NYC that will receive food and City Harvest is seeking a vendor to fill food orders. Eligible vendors must be able to: pick, palletize, invoice and deliver orders for individual agencies; fulfill 80 individual orders with min. order of 14 cases, max. order of 550 cases & avg. order of 110 cases; provide the following food items: dry, refrigerated and frozen food (50% of which canned & dry, 18% of which produce), only 100% juice, seafood including cod, fresh spinach, hand fruit; provide daily project fulfillment reports with the following info about agencies receiving food: order date(s), delivery date(s), amt. of funding allocation spent, amt. of funding allocation remaining, and if agency has completed all ordering. Contact Jenny Waxberg at City Harvest at jwaxberg@cityharvest.org by March 7th, 2013 if you meet all requirements listed above.

Legal Notices

NOTICE OF FORMATION of Lucky Adult Day Care Center, LLC. Art. of Org. filed with the Secy. of State of New York (SSNY) on 01/15/2013. Office location: Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: LLC c/o Jessie Tan, 7607 18th Avenue, Brooklyn, NY 11214 Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, February 27, 2013 at 2:00 p.m. at 66 John Street, 11th floor, on a petition from Café Mocha Inc. to continue to, maintain, and operate an unenclosed sidewalk café at 116 2nd Avenue in the Borough of Manhattan for a term of two years.

REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

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SUPREME COURT OF THE STATE OF NEW YORK
COUNTY OF NEW YORK

IN THE MATTER OF:
4-A GENERAL CONTRACTING CORP. WAGE LITIGATION

Index No. 601548/02
CLASS ACTION NOTICE

TO: All individuals, including past or present employees, of 4-A General Contracting Corp. and/or SSN General Contracting Corp. (including entities known as SNA Contracting Corp., Dellwood & 4A Construction, LLC), who performed work in any trade from January 1, 1996 through approximately 2004 in connection with various New York City Housing Authority construction projects throughout the five boroughs of New York City. The defined class shall not include any clerical, administrative, professional, or supervisory employees.

The purpose of this notice is to advise you of this class action lawsuit, and of certain rights that you may have with respect to this action. This notice is not an expression by the Court of any opinion as to the merits of any claims or any defenses asserted by any party to this litigation.

Plaintiffs Miguel Moreta, Jose Munoz, Geraldo Quezada, Leonard Clarke, Dennville Jarvis and Runey Francis (collectively the "Plaintiffs") are former employees of 4-A General Contracting Corp. and/or SSN General Contracting Corp. (including entities known as SNA Contracting Corp., Dellwood & 4A Construction, LLC) (collectively the "Contractor Defendants") who brought this lawsuit on behalf of all other current and former employees of the Contractor Defendants who performed work on publicly financed construction projects for and/or at the direction of the Contractor Defendants. This lawsuit was also brought against defendants RLI Insurance Company, Lumbermens Mutual Casualty Company and Centennial Insurance Company. Lumbermens Mutual Casualty Company and Centennial Insurance Company are in liquidation. As such, all proceedings in this action are stayed as against Lumbermens Mutual Casualty Company and Centennial Insurance Company.

The Plaintiffs allege that they were not paid by the Contractor Defendants at the prevailing wage and supplemental benefit rate for the construction work that they performed at various New York City Housing Authority ("NYCHA") project sites throughout the five boroughs of New York City. The Plaintiffs further allege that they were not paid overtime compensation for hours they worked over forty in any given week.

The Defendants deny any wrongdoing and/or liability to the Plaintiffs or any other past or present employee and vigorously contest all claims asserted by the Plaintiffs.

For the period from January 1, 1996 through approximately 2004, the prevailing wage and benefit that should have been paid to individuals performing such work as carpentry, plumbing, painting, tiling, demolition, and other construction work at the various publicly financed construction projects ranged from approximately $34.32 to $70.00 per hour, depending upon trade.

You may be owed payment if you worked for the Contractor Defendants at any of the NYCHA construction projects. You may also be owed payment if you worked for the Contractor Defendants for more than forty (40) hours per week and you were not paid overtime at time-and-one-half (1.5x) your hourly rate of pay for all hours actually worked over forty (40) hours each week.

You do not need to do anything at this time as you are automatically a member of the class of workers who have claims arising under New York law so long as you worked for the Contractor Defendants at any time since 1996. As a class member, you will be bound by any decision of the Court in this lawsuit.

The Court has authorized publication of this Notice simply to advise you about the status of this lawsuit. Due to an existing criminal proceeding involving some of the Contractor Defendants and their principals, we cannot provide a timetable or estimate of when this class action lawsuit will be completed. For the time being, the Court has authorized Class Counsel to seek production of payroll and other contract documents related to this case.

Lloyd Ambinder, Esq. of the law firm of Virginia & Ambinder, LLP, 111 Broadway, Suite 1403, New York, New York 10006, telephone number (212) 943-9080, website: www.vandallp.com has been appointed by the Court as Class Counsel to represent you in this action. You will not be required to pay any fee for services provided by Virginia & Ambinder, LLP. If you are represented by Class Counsel, their costs and fees will be paid out of any recovery against the Defendants. You have a right to consult with an attorney about this matter. If you wish to be represented by other counsel, you may retain another attorney, but you may be responsible for paying that attorney.

If you do not wish to participate in this class action lawsuit, you must send a letter to Class Counsel stating your intention to opt-out of this lawsuit and exclude yourself from the Class. The letter should be sent to LaDonna M. Lusher, Esq. of Virginia & Ambinder, LLP, 111 Broadway, Suite 1403, New York, New York 10006. If you decide not to participate in this lawsuit (opt-out), you may not be eligible to receive any benefits in the event that any recovery is obtained. You would be free to file or pursue claims against any of the Defendants independently at your own expense.

The foregoing description is general and does not purport to cover all of the parties' claims, contentions, denials and defenses in the action. For a more detailed statement of the matters involved, you are referred to the pleadings and other papers filed in this action, all of which may be inspected at the Supreme Court of the State of New York, New York County Court House, 60 Centre Street, New York, New York, during normal business hours.

Further information about this notice and answers to other questions concerning this lawsuit may be obtained by contacting Lloyd Ambinder, Esq. or LaDonna M. Lusher, Esq., of Virginia & Ambinder, LLP, telephone number (212) 943-9080, facsimile number (212) 943-9082 or on the web at www.vandallp.com. If you should require Spanish translation, please call on Monday through Friday between the hours of 9:00 a.m. and 5:00 p.m. and ask for Venus Velez or Yeskenia Polanco.

All communications and discussions with Virginia & Ambinder, LLP are confidential and will not be disclosed without your consent. You have a right to participate in this action even if you are an undocumented alien or if you were paid in cash.

PLEASE DO NOT CONTACT THE CLERK OF THE COURT WITH QUESTIONS INVOLVING THIS LAWSUIT.

Dated: New York, New York
February 5, 2013

S/_____
BY ORDER OF THE COURT
Honorable Shirley Werner Kornreich, J.S.C.

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Responsible for delivering products to customers. Loads and unloads the truck in a safe and timely manner according to UNFI procedures. Minimizes delays and reports problems. Picks up supplies and back-hauls from vendors.

Duties/ Responsibilities:
1. Performs pre and post trip inspections of vehicle utilizing knowledge of safe and effective loading and handling procedures. Reviews paperwork for completeness and accuracy. Checks orders for correct number of boxes, correct addresses, and support documentation.
2. Completes time cards, enters trip data into on-board computer and completes paper logs if necessary. Complies with FMCSA regulations.
3. Delivers and unloads products utilizing equipment including tractor trailer, ramps, lift gates, pallet jacks, load bars and other devices which assist delivery. Verifies piece count, leaves the appropriate paperwork and secures the required signatures and store stamps (when applicable) on delivery documents.
4. Operates vehicle safely within UNFI guidelines minimizing accidents, traffic violations and complaints from the public.
5. Reports any accident immediately to the Transportation Manager/Department.
6. Keeps vehicles well maintained, safe, and secure. Reports any defects promptly using DCVR form.
7. Picks up supplies and back hauls from vendors. Completes related paperwork.
8. Addresses and resolves customer problems as appropriate.
9. Attends mandatory drivers meetings, training or administrative sessions as required.
10. Maintains the Company's professional reputation to customers, the public and company employees. Projects professional image by dressing in company provided clothing.
11. Assumes other related duties as required or assigned.

Requirements/ Skills:
High School Diploma or GED Equivalent. Valid medical card as prescribed by the Federal Motor Carrier Administration and a valid state specific Commercial Drivers License, Class A. Ability to pass a written exam and road test. Basic knowledge of D.O.T. laws and mandates. Understanding of UNFI's safety standards. Prefer minimum of one year verified experience operating a tractor trailer. Must be 21 years of age. Ability to speak, read and write English well. Safe driving skills, ability to drive large tractor trailers and ability to use forklifts and related delivery equipment. Ability to read maps and written directions. Ability to pass a post-offer employment physical and drug test and subsequent enrollment in a random pool of drivers for drug and alcohol testing as required by law. Strong interpersonal, communication, organizational and customer service skills. Full Time, Permanent. hourly.

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